

Welcome
Back!

Menus for
August &
September
2014



MENU FACTS:

Choice of milk served with all complete meals: Skim milk & 1% white and flavored milk. Lactaid milk available to students who are lactose intolerant.

100% Fruit Juice plus 1/2 cup additional fruit is served with every Breakfast

"Offer vs. Serve" - Students may decline one item for breakfast and one or two items for lunch if they choose. Prices remain the same whether the full meal is chosen or an item is declined.

Please check with your cafeteria manager or the School Nutrition Office if your child has any dietary concerns.

WG = Whole Grains

Menus are subject to change without notice.

One item's been
on our menu
since 1946.

Education. That's what we've been serving for nearly 70 years. The National School Lunch Program began after World War II to make sure America's youth would be physically ready to defend our country. And we're still all about helping to get your kids ready -- ready to learn and ready to live healthy lives. That's why our local program has made significant changes over the last several years, like offering more fruits, vegetables, and whole grains. And that's why we'll continue to do whatever it takes to make sure that we serve education every day.

LYNCHBURG CITY SCHOOLS ELEMENTARY MENU

Monday, August 25

Breakfast

Flapstick; Fruit Cup

Lunch

Hot Dog/ w/wo Chili Or
Beef Meatballs w/cheese
Both on WG hot dog Bun
Crispy Oven Fries
Baked Beans
Assorted Fruit Choices
Fresh Baked WG
Choc Chip Cookie

Tuesday, August 26

Breakfast

WG Turkey Sausage
Breakfast Square;
Fruit of Choice

Lunch

Teriyaki Chicken
Or Sliced Ham
Brown Rice
Broccoli w/ cheese
Glazed Carrots
Assorted Fruit Choices
Fresh Baked Wheat Roll

Wednesday, August 27

Breakfast

Cereal; Grahams;
1/2 Fresh Banana

Lunch

Assorted Pizza Wedge
Or PBJ Jamwich
with string cheese
Fresh Garden Salad
With Cherry Tomatoes
Hot Vegetable of Choice
Mixed Fresh Fruit Cup

Thursday, August 28

Breakfast

Sausage Biscuit;
Fruit of Choice

Summer Birthdays Lunch

Fresh Made
Chicken Salad w/
WG Croissant Or
Ham & Cheese/ WG Bun
Baked Potato
Fresh Fzn. Green Peas
Happy Birthday Ice Juice Cup

Friday, August 29

Breakfast

Yogurt; Grahams;
Raisins/ Fruit of Choice

Lunch

Honey BBQ Rib Or
Deli Meat w/cheese/
Both on WG Bun
California Blend Veggies
Fresh Cucumber Wheels
w/ ranch dip
100% Fruit Juice

Breakfast Lunch

\$1.15 \$2.25

School Meals
We serve education every day™

Now No Fees!

www.myschoolbucks.com

Place money on your children's accounts for meals and/or those "extra treats" they will enjoy. This year we will offer **Ice-Cream** and other nutritious snack selections. All a la carte items meet new Federal Guidelines for "Healthy Snacks".

You may view your child's account balance and obtain a print out of your child's activity at no cost. You may also add to your child's meal account via a credit card with no fees.

Easy, Smart, Secure!

mySchoolBucks®

Monday, September 1



No School

Tuesday, September 2

Breakfast

Flapstick; Fruit Cup

Lunch

Chicken Nuggets
Or Sliced Ham
Mashed Potatoes
Seasoned Green Beans
Assorted Fruit Choices
Bakery Wheat Roll

Wed., September 3

Breakfast

Cereal; Grahams;
1/2 Fresh Banana

Lunch

Assorted Pizza Wedge
Or PBJ Jamwich
with string cheese
Fresh Romaine Salad
With Cherry Tomatoes
Hot Vegetable of Choice
Mixed Fresh Fruit Cup

Thursday, September 4

Breakfast

Chicken Biscuit
Fruit of Choice

Lunch

Beef Taco /soft shell
w/ shr cheese & lettuce
Or Deli Meat/Cheese
Roll-up
Pinto Beans w/ cheese
Fresh Baby Carrots w/dip
Assorted Fruit Choices

Friday, September 5

Breakfast

PBJ Sandwich
Fruit of Choice

Lunch

Chicken Fillet/ WG Bun
Or Turkey & Cheese/
WG Bun
Baked Sweet Potato
Fresh Fzn Mixed Veggies
Assorted Fruit Choices
Fresh Baked WG
Sugar Cookie

Monday, September 8

Breakfast

Flapstick Or Bkf.
Sausage Pizza w/WG
Crust; Fruit

*(Our great tasting BBQ
is BACK—YEA!)*

Lunch

Texas BBQ/ WG Bun Or
Deli Meat & Cheese/WG Bun
Roasted Red-skinned
Potatoes & Carrots
Fresh Made Cole Slaw

Tuesday, September 9

Breakfast

Cereal Bar; Grahams
Fruit of Choice

Lunch

Chicken Nuggets
Or Sliced Turkey
Mashed Potatoes
Seasoned Green Beans
Assorted Fruit Choices
Fresh Baked Wheat Roll

Wed., September 10

Breakfast

Yogurt; Muffin; Fruit

Lunch

Chef Salad w/Diced
Turkey, Ham, Bacon &
Shr. Cheese; Tomatoes
Served w/Fresh Baked
Cheese Stick Or
PBJ Jamwich/ string cheese
Hot Vegetable of choice
Assorted Fruit Choices
Fresh Baked WG Sugar
Cookie

Thurs, September 11

Breakfast

Sausage Biscuit; Fruit of
Choice

Lunch

Beef Chili Beans
w/grated cheese &
Baked 'Tostitos Scoops'
Or Meat & Cheese Roll-up
Golden Corn
Side Salad w/ tomatoes
Assorted Fruit Choices



Friday, September 12

Breakfast

PBJ; Fruit of Choice

Lunch

Local 100% Beef
Cheeseburger/WG Bun
Or Pork Chop/WG Bun
Baked Beans
Broccoli w/ cheese
"Dragon" Fruit/Veggie
Juice

CHEW ON THIS.

Apples help lower blood sugar
and reduce the amount of fat in
your blood. Plus, apples
have recently been shown
to improve digestion and
digestive health. But be
sure to eat the actual fruit
-- applesauce and apple juice
don't provide the same benefits.



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

USDA is an equal opportunity provider and employer.

MEAL APPLICATIONS: Unless your children
are approved by Direct Certification for SNAP (Food
Stamps) or TANF, you are required to complete a new
meal application **each school year** in order for your
children to receive free or reduced price meals. Only
ONE application per family is required. Each student
within a family and the school he attends must be listed
on the application. **Every application must have an
adult signature to be processed!** Please make sure
your application is completed and turned in to your
school cafeteria cashier or to the School Nutrition Office
in the School Administration Building as soon as possi-
ble. Your children may use their previous year's ap-
proval for the first 30 days of the new school year. If you
have any questions or need further information, please
call the School Nutrition Office at 434-515-5064.

Monday, September 15

Breakfast

Flapstick Or Bkf.
Sausage Pizza w/WG
Crust; Fruit

Lunch

Hot Dog w/wo Chili Or
Beef Meatballs w/cheese
Both on WG hot dog Bun
Crispy Oven Fries
Fresh Made Cole Slaw
Assorted Fruit Choices
Fresh Baked WG
Chocolate Chip Cookie

Tuesday, September 16

Breakfast

PBJ; Fruit of Choice

Brunch for Lunch

Cheesy Scrambled Eggs
Or Chicken Patty
Cereal
Crispy Tater Tots
Cucumbers w/ dip
Baked Apples



Wed., September 17

Breakfast

Cereal Bar; Grahams
Seasonal Fresh Fruit

Lunch

Assorted Pizza Wedge Or
PBJ Jamwich/ string cheese
Fresh Romaine Salad
With Cherry Tomatoes
Hot Vegetable of Choice
Mixed Fresh Fruit Cup

Thurs, September 18

Breakfast

Chicken Biscuit; Fruit

Lunch

Beef Taco /soft shell
w/ shr cheese & lettuce
Or Meat/Cheese Roll-up
Pinto Beans w/ cheese
Fresh Baby Carrots w/dip
Assorted Fruit Choices

Friday, September 19

Breakfast

Yogurt; Muffin; Fruit

Lunch

Potato Crusted Fish Fillet
Or Pork Chop
Baked Sweet Potato
Broccoli w/ cheese
Assorted Fruit Choices
Bakery Dinner Roll



Monday, September 22

Breakfast

Flapstick Or Bkf.
Sausage Pizza w/WG
Crust; Fruit

Lunch

Texas BBQ/ WG Bun Or
Chicken Fillet/ WG Bun
Roasted Red-skinned
Potatoes & Carrots
Fresh Made Cole Slaw
Assorted Fruit Choices

Tuesday, September 23

Breakfast

Yogurt; Muffin; Fruit

Lunch

Teriyaki Chicken
Or Sliced Ham
Brown Rice
Broccoli w/ cheese
Glazed Carrots
Assorted Fruit Choices
Fresh Baked Wheat Roll

Wed., September 24

Breakfast

Cereal Bar; Grahams;
Fruit

Lunch

Assorted Pizza Wedge
Or PBJ Jamwich
with string cheese
Fresh Romaine Salad
With Cherry Tomatoes
Hot Vegetable of Choice
Mixed Fresh Fruit Cup

Thurs, September 25

Breakfast

Egg & Cheese Biscuit;
Fruit of Choice

**September
Birthday Lunch**

Spaghetti w/ Meat Sauce
Or Meat & Cheese Roll-up
Collard Greens
Golden Corn
WG Garlic Toast
**Happy Birthday
Ice Juice Cup**



Friday, September 26

Breakfast

PBJ; Fruit of Choice

Lunch

Crisp Pork Chop/ WG Bun
Or Turkey & Cheese/ WG Bun
Oven Baked French Fries
Black-eyed Peas
"Dragon" Fruit Juice
Fresh Baked WG
Chocolate Chip Cookie

Monday, September 29

Breakfast

Flapstick Or Bkf.
Sausage Pizza w/WG
Crust; Fruit

Lunch

Hot Dog w/wo Chili Or
Beef Meatballs w/cheese
Both on WG hot dog Bun
Crispy Oven Fries
Fresh Made Cole Slaw
Assorted Fruit Choices

Tuesday, September 30

Breakfast

Yogurt; Muffin; Fruit

Lunch

Chicken Nuggets
Or Sliced Ham
Mashed Potatoes
Fresh Fzn. Green Peas
Assorted Fruit Choices
Fresh Baked Wheat Roll