

MENUS FOR SEPTEMBER 2017

Lynchburg City Schools
William Bass Elementary



This institution is an equal opportunity provider. Menus are subject to change.

BREAKFAST

A separate breakfast menu is published on the School Nutrition webpage of the Lynchburg City Schools website.

www.lcsedu.net

Friday, September 1

EARLY DISMISSAL Lunch Entrées (Choose 1)

Pizza Dippers w/Pizza Dipping Sauce

Turkey & Cheese Sub

Offered with Lettuce & Sliced Tomato

Lunch Sides (All Included)

Fresh Veggie Medley

V-blend Juice

Applesauce

NUTRITION TO GO

The most important variable for healthy weight is how many calories you take in on an average day. If you take in more than you burn, you'll bank those extra calories as added weight. Try this cool experiment with your whole family: count the calories in everything you eat and drink for one day - you might be surprised at the total.

A QUICK BITE FOR PARENTS



LABOR DAY
NO SCHOOL
MONDAY,
SEPTEMBER 4

Tuesday, September 5

Lunch Entrée

Honey BBQ Pork Rib Patty on Bun

Lunch Sides (All Included)

Crunchy Baby Carrots

Steamed Broccoli

Cry Baby Sour Cherry

Frozen Fruit Cup

Wed., September 6

Lunch Entrées

Italian Deli Sub

Offered with Lettuce & Sliced Tomato

Lunch Sides (All Included)

Quick Baked Potato

Green Beans

Chilled Mixed Fruit

Thursday, September 7

Lunch Entrées

100% Beef Patty on WG Bun

Prepared with or without American Cheese
Offered with Lettuce & Sliced Tomato

Lunch Sides (All Included)

Steamed Sweet Green Peas

Seasoned Pinto Beans

Juicy Sliced Apples

Friday, September 8

Lunch Entrées

Pizza Crunchers

Lunch Sides (All Included)

Romaine Garden Salad

Seasoned Potato Wedges

Diced Peach Cup

SEPTEMBER INTERSESSION

Available Daily at Lunch

Smuckers PB&J Uncrustable Combo Meal

Freshly Prepared Chef Salad

offered w/CROUTONS or Crackers

Choice of Milk

Lunch includes entrée, 2 servings of vegetables, 1 serving of fruit and choice of milk

Monday, September 11

Lunch Entrées (Choose 1)

Chicken Nuggets

Offered with Freshly Baked Parkerhouse Roll

Cheeseburger Meatloaf on WG Bun

Offered with Lettuce & Sliced Tomato

Lunch Sides (All Included)

Creamy Mashed Potatoes & Gravy

Green Beans

Applesauce

Tuesday, September 12

Lunch Entrées (Choose 1)

Pizza Dippers w/Pizza Dipping Sauce

All Beef Hot Dog on WG Bun

Served with or without Chili

Lunch Sides (All Included)

Romaine Garden Salad

Southern Baked Beans

Sweet Strawberry Cup

Wed., September 13

Lunch Entrées (Choose 1)

Breakfast for Lunch

Ham, Egg & Cheese English Muffin

Lunch Sides (All Included)

Seasoned Diced Potatoes

"Sunset Sip" V-blend Juice

Cinnamon Baked Apples

Thursday, September 14

Lunch Entrées (Choose 1)

Spaghetti & Meatballs w/Breadstick

Breaded Chicken Patty on WG Bun

Lunch Sides (All Included)

Freshly Made Broccoli Salad

Steamed Sweet Green Peas

Pineapple Tidbits

Friday, September 15

Lunch Entrées (Choose 1)

Pizza Slice w/Selection of Toppings

Fun Fish Nuggets w/Corn Muffin

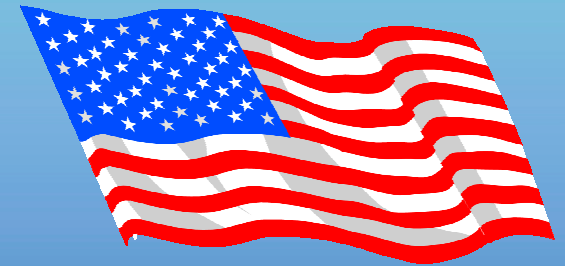
Lunch Sides (All Included)

Crunchy Baby Carrots

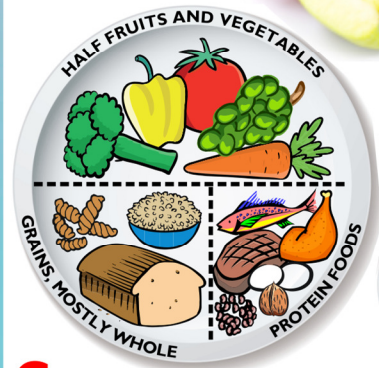
Crinkle Cut Oven Fries

Chilled Diced Pears

September 11, 2001



In eternal remembrance of the victims,
in continued support of their families,
and in undying gratitude to the heroes.



What's on **YOUR** plate?



Serves you right!

MyPlate.gov advises us to eat at least 1½-2 cups of fruit a day. **But what exactly makes a cup?** This month, lets look at FRUIT. Each of these equals 1 cup of fruit:

- ➔ One large apple, banana, orange, peach or pear
- ➔ 30 or so seedless grapes
- ➔ 8 large strawberries
- ➔ 1 cup of 100% fruit juice

And each of these equals ½ cup of fruit:

- ➔ 1 four-ounce snack container of applesauce
- ➔ 1 medium cantaloupe wedge
 - ➔ 6 watermelon balls
 - ➔ 1 small box of raisins
 - ➔ 1 large plum



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



Avast, me hearties!

It's International Talk Like a Pirate Day!
September 19

ARRRRRR!

STACKED AGAINST US.

The average American takes in at least 50% more sodium than the recommended maximum. But don't just blame the salt shaker at home: 75% of the sodium you eat probably comes from restaurant food and processed grocery store food - like chips, pizza, soup, and even bread!



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

Monday, September 18

Lunch Entrées

(Choose 1)

- Corn Dog Nuggets
- Cheesy Beef Nachos
Served with Salsa & Sour Cream

Lunch Sides

(All Included)

- Lima Beans
- Golden Sweet Corn
- Sweet Strawberry Cup

Tuesday, September 19

Lunch Entrées

(Choose 1)

- Shrimp Poppers w/Corn Bread Muffin
- Honey BBQ Pork Rib Patty on Bun

Lunch Sides

(All Included)

- Crunchy Baby Carrots
- Steamed Broccoli
- Cry Baby** Sour Cherry Frozen Fruit Cup

Wed., September 20

Lunch Entrées

(Choose 1)

- Baked Chicken w/Bread Stick
- Italian Deli Sub
Offered with Lettuce & Sliced Tomato

Lunch Sides

(All Included)

- Quick Baked Potato
- Green Beans
- Chilled Mixed Fruit

Thursday, September 21

Lunch Entrées

(Choose 1)

- 100% Beef Patty on WG Bun
Prepared with or without American Cheese
Offered with Lettuce & Sliced Tomato
- Creamy Macaroni & Cheese

Lunch Sides

(All Included)

- Steamed Sweet Green Peas
- Seasoned Pinto Beans
- Juicy Sliced Apples

Friday, September 22

Lunch Entrées

(Choose 1)

- Pizza Crunchers
- Turkey & Cheese Sub
Offered with Lettuce & Sliced Tomato

Lunch Sides

(All Included)

- Romaine Garden Salad
- Seasoned Potato Wedges
- Diced Peaches

Monday, September 25

Lunch Entrées

(Choose 1)

- Chicken Nuggets
Offered with Freshly Baked Parkerhouse Roll
- Cheeseburger Meatloaf on WG Bun
Offered with Lettuce & Sliced Tomato

Lunch Sides

(All Included)

- Creamy Mashed Potatoes & Gravy
- Green Beans
- Applesauce

Tuesday, September 26

Lunch Entrées

(Choose 1)

- Pizza Dippers w/Pizza Dipping Sauce
- All Beef Hot Dog on WG Bun
Served with or without Chili

Lunch Sides

(All Included)

- Romaine Garden Salad
- Southern Baked Beans
- Sweet Strawberry Cup

Wed., September 27

Lunch Entrées

(Choose 1)

- Breakfast for Lunch
- Ham, Egg & Cheese English Muffin

Lunch Sides

(All Included)

- Seasoned Diced Potatoes
- "Sunset Sip" V-blend** Juice
- Cinnamon Baked Apples

Thursday, September 28

Lunch Entrées

(Choose 1)

- Spaghetti & Meatballs w/Breadstick
- Breaded Chicken Patty on WG Bun

Lunch Sides

(All Included)

- Freshly Made Broccoli Salad
- Steamed Sweet Green Peas
- Pineapple Tidbits

Friday, September 29

Lunch Entrées

(Choose 1)

- Pizza Slice w/Selection of Toppings
- Fun Fish Nuggets w/Corn Muffin

Lunch Sides

(All Included)

- Crunchy Baby Carrots
- Crinkle Cut Oven Fries
- Chilled Diced Pears