

# MENUS FOR SEPTEMBER 2017

**Lynchburg City Schools  
Elementary Schools**



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](http://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



**NO SCHOOL  
MONDAY,  
SEPTEMBER 4**

**Tuesday, September 5**

## 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 6**

## 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 7**

## 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 8**

## 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 Peach Cup

*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

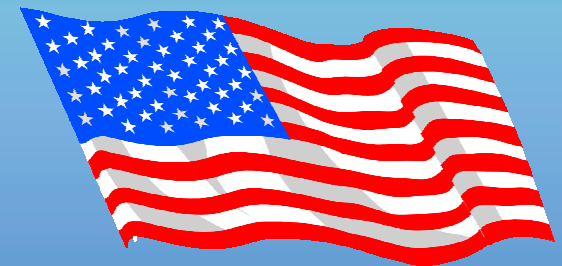
## Lunch Sides (All Included)

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, let's 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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](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