

MENUS FOR SEPTEMBER 2017

Lynchburg City Schools
Laurel Regional School



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

First
things
First

**BREAKFAST
@SCHOOL**
For first-class
learning!

Featuring Healthy
Fruits & Grains!

Friday, September 1

EARLY DISMISSAL

Lunch Entrée

Pizza Dippers

Lunch Sides

(All Included)

Steamed Carrots

Seasoned Potato Wedges

Applesauce

1% or Fat Free Milk

WEEKLY BREAKFAST MENU

Monday: Breakfast Chicken Slider

Tuesday: Cereal & String Cheese

Wed: Kellogg's WG Mini Pancakes

Thursday: Cereal & String Cheese

Friday: Yogurt & Vanilla Grahams

Breakfast includes: Milk,
Fruit Juice & 1 Serving of Fruit



**NO SCHOOL
MONDAY,
SEPTEMBER 4**

Tuesday, September 5

Lunch Entrée

Corn Dog Nuggets

Lunch Sides

(All Included)

Sweet Potatoes

V-blend Juice

Fresh Whole Banana

1% or Fat Free Milk

Wed., September 6

Lunch Entrée

Baked Chicken w/Corn Muffin

Lunch Sides

(All Included)

Green Beans

Roasted Red Skin Potatoes

Mixed Fruit

1% or Fat Free Milk

Thursday, September 7

Lunch Entrée

Mac & Cheese w/Bread Stick

Lunch Sides

(All Included)

Steamed Carrots

Romaine Garden Salad

Applesauce

1% or Fat Free Milk

Friday, September 8

Lunch Entrée

Pizza Crunchers

Lunch Sides

(All Included)

Southern Style Baked Beans

Crispy Tater Coins

Diced Peaches

1% or Fat Free Milk

Available Daily for Lunch

Smuckers PB&J Uncrustable Combo Meal

Freshly Prepared Chef Salad

served w/Assorted Breads

Grilled Chicken Fillet on WG Bun

Fruit Yogurt, String Cheese & Muffin
(Wednesdays)

Monday, September 11

Lunch Entrée

Chargrilled Beef Patty on WG Bun

Lunch Sides

(All Included)

Green Beans

Crinkle Cut Oven Fries

Diced Pears

1% or Fat Free Milk

Tuesday, September 12

Lunch Entrée

BBQ Pork Rib Sandwich

Lunch Sides

(All Included)

Southern Style Bake Beans

Romaine Garden Salad

Chilled Mixed Fruit

1% or Fat Free Milk

Wed., September 13

Lunch Entrée

Breakfast for Lunch

Lunch Sides

(All Included)

Seasoned Diced Potatoes

"Sunset Sip" V-blend Juice

Fresh Whole Banana

1% or Fat Free Milk

Thursday, September 14

Lunch Entrée

Spaghetti & Meatballs w/Bread Stick

Lunch Sides

(All Included)

Green Beans

Romaine Garden Salad

Sliced Peaches

1% or Fat Free Milk

Friday, September 15

Lunch Entrée

Pizza Slice

Lunch Sides

(All Included)

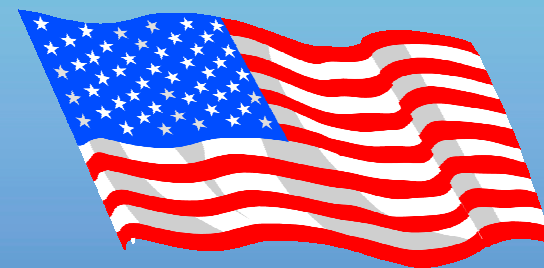
Steamed Carrots

Seasoned Potato Wedges

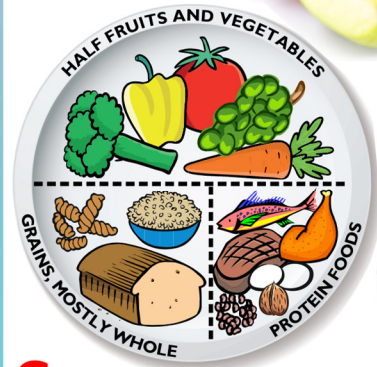
Applesauce

1% or Fat Free Milk

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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

SEPTEMBER BIRTHDAYS

Zendaya (21) ~ Sept. 1
Beyonce (36) ~ Sept. 4
Bernie Sanders (76) ~ Sept. 8
Niall Horan (24) ~ Sept. 13
Childish Gambino (34) ~ Sept. 25
Halsey (23) ~ Sept. 29

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

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 Entrée

Breaded Pork Steak on Bun

Lunch Sides

(All Included)

Mashed Potatoes w/Gravy
Romaine Garden Salad
Diced Pears

1% or Fat Free Milk

Tuesday, September 19

Lunch Entrée

Corn Dog Nuggets

Lunch Sides

(All Included)

Sweet Potatoes
V-blend Juice
Fresh Whole Banana

1% or Fat Free Milk

Wed., September 20

Lunch Entrée

Baked Chicken w/Corn Muffin

Lunch Sides

(All Included)

Green Beans
Roasted Red Skin Potatoes
Mixed Fruit

1% or Fat Free Milk

Thursday, September 21

Lunch Entrée

Mac & Cheese w/Bread Stick

Lunch Sides

(All Included)

Steamed Carrots
Romaine Garden Salad
Applesauce

1% or Fat Free Milk

Friday, September 22

Lunch Entrée

Pizza Crunchers

Lunch Sides

(All Included)

Southern Style Baked Beans
Crispy Tater Coins
Diced Peaches

1% or Fat Free Milk

Monday, September 11

Lunch Entrée

Chargrilled Beef Patty on WG Bun

Lunch Sides

(All Included)

Green Beans
Crinkle Cut Oven Fries
Diced Pears

1% or Fat Free Milk

Tuesday, September 12

Lunch Entrée

BBQ Pork Rib Sandwich

Lunch Sides

(All Included)

Southern Style Bake Beans
Romaine Garden Salad
Chilled Mixed Fruit

1% or Fat Free Milk

Wed., September 13

Lunch Entrée

Breakfast for Lunch

Lunch Sides

(All Included)

Seasoned Diced Potatoes
"Sunset Sip" V-blend Juice
Fresh Whole Banana

1% or Fat Free Milk

Thursday, September 14

Lunch Entrée

Spaghetti & Meatballs w/Bread Stick

Lunch Sides

(All Included)

Green Beans
Romaine Garden Salad
Sliced Peaches

1% or Fat Free Milk

Friday, September 15

Lunch Entrée

Pizza Slice

Lunch Sides

(All Included)

Steamed Carrots
Seasoned Potato Wedges
Applesauce

1% or Fat Free Milk