

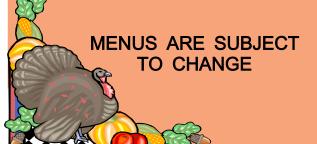
# Lynchburg City Schools High School Menu

USDA is an equal opportunity employer & provider

# AVAILABLE DAILY

Fully Stocked Salad Bar w/Assorted Fruits

Choice of Milk with every Meal 1% & Skim White & Fat-Free Flavored



# Featured Specials of the Day

# Monday, November 2

Professional Development Day Students Do Not Attend

# **Tuesday, November 3**

Professional Development Day Students Do Not Attend

# Wednesday, November 4

Buffet Lines: Honey BBQ Rib/ Bun or Salisbury Steak w/Roll; Creamy Sweet Potatoes Pizzeria Lines: Assorted Pizza—Meat, Veggie, & Fiesta Or Cheese sticks w/ marinara

#### **Thursday, November 5**

Buffet Lines: Chicken Fillet/ Bun Or Jalapeno Beef

Sliders; Broccoli w/ cheese

<u>Sub Lines:</u> FRESH BAKED SUB ROLLS!

Hot Ham & Cheese Sub Or Cold Italian Sub; Chips

# Friday, November 6

**Buffet Lines:** Potato Crusted Fish Fillet/ Bun Or

Crispy Corn Dog; Tater Tots

Specialty Lines: Fajita Chicken Strips Or Chef's

Choice Entrée; Brown Rice; Broccoli &

Cauliflower

Free Friday Cookie



# Featured Specials of the Day

# Monday, November 9

<u>Buffet Lines:</u> Crisp Pork Chop /Bun Or Beef & Bean Burrito; Potato Wedges; Pinto Beans,

Crunchy Cole Slaw

**Grill Line:** Freshly Grilled Burgers with Melted Cheese; Potato Wedges; Pinto Beans; Toppings

#### **Tuesday, November 10**

Buffet Lines: Chicken Tenders w/Breadstick Or Fresh Chef Salad w/ Crackers; Collard Greens Sub Lines: FRESH BAKED SUB ROLLS!
Hot Steak 'n Gravy Sub or Cold Combo Deli Sub Crisp Potato Wedges; Bag of Chips

#### Wednesday, November 11

<u>Buffet Lines</u>: Pepper Steak/ Bun Or Fresh Made Chicken Salad/ Croissant, Potato Wedges <u>Pizzeria Lines</u>: Beef Taco Flatbread Pizza w/ Cheese & Ranch dressing; Fiesta Pizza

# Thursday, November 12

Buffet Line: Chicken Vegetable Soup w/ grilled Cheese Or BBR Rib/ Bun; Glazed Carrots
Sub Line: FRESH BAKED SUB ROLLS!
Cold Ham & Cheese Wrap Or Hot Fajita & Cheese Sub; Bag of Chips

# Friday, November 13

Buffet Lines: Chicken Fillet/ Bun Or Chef's Choice Entrée; Chef's Choice Vegetable Specialty Lines: "Italian Day"- Meatballs in Sauce/ Pasta; Ratatouille Vegetables; Garlic Bread

Free Friday Cookie





ntil about 1,000 years ago, English-speaking people thought of the year in two parts -- the warm half and the cold half. The word "winter," is 5,000 years old, and "summer" is a pretty old word, too. The word "spring" was in general use by the 1400's, and "autumn" is a Latin word that

also entered English
around 1400. "Fall" came into use as a
complement to "spring" in the 17th century —
just as North America was being settled by
the British. The English-speaking people
in England mostly stuck with

"autumn" while their distant cousins preferred "fall." And that's why, to this day, this is the only season we have two words for!

# Featured Specials of the Day

# Monday, November 16

<u>Buffet Lines:</u> Beef BBQ Rib/ Bun Or Corn Dog; Black-eyed Peas; Crunchy Cole Slaw <u>Grill Line:</u> Freshly Grilled Burgers with Melted Cheese; Black-eyed Peas; Golden Corn; Toppings

# **Tuesday, November 17**

Buffet Lines: Chicken Tenders w/Breadstick Or Fresh Chef Salad w/ Crackers; Green Peas Sub Lines: FRESH BAKED SUB ROLLS!
Hot Meatball Sub or Cold Canadian Bacon Deli Sub Bag of Chips

# Wednesday, November 18

Buffet Lines: Crisp Pork Chop/ Bun or Jalapeno Beef Sliders; Fresh Carrots; Corn Pizzeria Lines: Assorted Pizza—Meat Lovers; Veggie Pizza Wedge

# Thursday, November 19

Buffet Line: Spaghetti w/ Meat Sauce/ Breadstick Or Chicken Fillet/ Bun; Broccoli w/ cheese Sub Line: FRESH BAKED SUB ROLLS! Cold Deli Club Sub Or Hot Philly Cheesesteak Sub; Bag of Chips

# Friday, November 20

Buffet Lines: Potato Crusted Fish Fillet / Bun Or Chef's Choice Entrée; Potato Wedges; Cole Slaw Specialty Lines: "Hawaiian Day"- Aloha Chicken / Rice; Mahi-Mahi (fish) Wrap; Garlic Bread

#### Free Friday Cookie



# Featured Specials of the Day

# Monday, November 23

Buffet Lines: Chicken Fillet /Bun Or Jalapeno Beef Sliders; Baked Beans, Crunchy Cole Slaw Grill Line: Hot Dog / Bun; toppings; Baked Beans; Crisp Slaw

#### **Tuesday, November 24**

#### **Thanksgiving Meal**

All Lines: Crisp "Oven Fried Chicken" Or Chef Salad w/ crackers; Mashed Potatoes w/gravy; Seasoned Green Beans; Baked Cinnamon Apples; Fresh Baked Dinner Roll; Snickerdoodle Cookie

## November 25, 26, 27 Holiday—No School



ENJOY YOUR TIME OFF.

WE'LL SEE YOU BACK HERE ON MONDAY!

#### Monday, November 30

Buffet Lines: Crisp Pork Chop /Bun Or Beef & Bean Burrito; Potato Wedges; Pinto Beans, Crunchy Cole Slaw

**Grill Line:** Freshly Grilled Burgers with Melted Cheese; Potato Wedges; Pinto Beans; Toppings

# No Fees! www.myschoolbucks.com

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