

Menus for April 2015



LYNCHBURG CITY SCHOOLS HIGH SCHOOL MENU—BUFFET LINES

USDA is an equal opportunity provider and employer.

Available Daily!

Fully Stocked Salad Bar And Assorted Fruits

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

WG=whole grain / LTO=lettuce,
tomato, onion

Menu Subject to Change

Featured Specials of the Day

Wednesday, April 1

Hot Dog/ WG Bun Or
Meatballs w/ cheese/ WG Bun Or
Assorted Pizza;
Home-style Baked Beans; Cole Slaw

Thursday, April 2

Chicken Tenders Or
Spicy BBQ Rib/ WG Bun Or
Boxed Fresh Chef Salad w/ Crackers
Mashed Potatoes; Glazed Carrots
Fresh Baked Wheat Roll

Friday, April 2

Favorite! Crisp Chicken Fillet/ WG Bun
Assorted Pizza Wedges
Or Turkey/ Cheese Sandwich w/ LTO
Crisp Potato Wedges;
Hot Vegetable of Choice

Free Friday Cookie!

Featured Specials of the Day

Monday, April 13

Texas BBQ /WG Bun Or
Favorite! Crisp Chicken Fillet/WG Bun
Assorted Pizza;
Fresh Baked Potato w/ toppings

Tuesday, April 14

Chicken of Choice (popcorn, nuggets, tenders)
Or Manager's Choice Entrée
Or Boxed Fresh Chef Salad w/ Crackers
Mashed Potatoes;
Seasoned Green Beans;
Fresh Baked Wheat Roll

Wednesday, April 15

Favorite! Crisp Chicken Fillet/ WG Bun
Assorted Pizza Wedges
Or Manager's Choice Entrée;
Crisp Potato Wedges;
Hot Vegetable of Choice

Thursday, April 16

Salisbury Steak & Cheese/ WG Bun Or
Honey BBQ Rib/ WG Bun Or
Deli Meat & Cheese Sandwich w/ LTO
Home-Style Baked Beans;
Broccoli w/cheese

Friday, April 17

Favorite! Crisp Chicken Fillet/ WG Bun Or
Crisp Corn Dog / WG Bun or
Assorted Pizza Wedge
Mixed Vegetables
100% Fruit/Veggie Juice
Free Friday Cookie



Break begins at the end of classes:

Friday, April 3

Classes resume:

Monday, April 13

Featured Specials of the Day

Monday, April 20

Hot Dog/ WG Bun, w/wo Chili Or
Meatballs w/cheese/ WG Bun Or
Assorted Pizza;
Home-Style Baked Beans; Cole Slaw

Tuesday, April 21

Chicken of Choice (popcorn, nuggets,
tenders) Or Manager's Choice Entrée
Or Boxed Fresh Chef Salad w/ Crackers
Mashed Potatoes;
Seasoned Green Peas;
Fresh Baked Wheat Roll

Wednesday, April 22

Favorite! Crisp Chicken Fillet/ WG Bun
Cheesy Pizza Sticks w/ Marinara Sauce
Or Manager's Choice Entrée;
Sweet Potato Puffs;
Hot Vegetable of Choice

Thursday, April 23

Spaghetti w/ Meat Sauce Or
Cheesy Pizza Sticks w/ marinara sauce Or
Deli Meat & Cheese Sandwich w/ LTO
Turnip Greens; Golden Corn
Garlic Toast

Friday, April 24

Favorite! Crisp Chicken Fillet/ WG Bun Or
Mini Corn Dogs Or
Assorted Pizza Wedge
Crisp Potato Wedges; Hot Veggie of Choice
100% Fruit/Veggie Juice
Free Friday Cookie

Featured Specials of the Day

Monday, April 27

Texas BBQ /WG Bun Or
Favorite! Crisp Chicken Fillet/WG Bun
Assorted Pizza;
Fresh Baked Potato w/ toppings

Tuesday, April 28

Chicken of Choice (popcorn, tenders),
Or ***"Brunch for Lunch"***
Or Boxed Fresh Chef Salad w/ Crackers
Crisp Potato Coins; Baked Apples
Fresh Baked Wheat Roll

Wednesday, April 29

Favorite! Crisp Chicken Fillet/ WG Bun
Assorted Pizza Wedges
Or Manager's Choice Entrée;
Golden Corn
Hot Vegetable of Choice

Thursday, April 30

Salisbury Steak & Cheese/ WG Bun Or
Honey BBQ Rib/ WG Bun Or
Deli Meat & Cheese Sandwich w/ LTO
Home-Style Baked Beans;
Broccoli w/cheese

Friday, May 1

Favorite! Crisp Chicken Fillet/ WG Bun Or
Crisp Fish Nuggets or
Assorted Pizza Wedge
Crispy French Fries; Hot Veggie of Choice
100% "Cherry Star" Fruit/Veggie Juice
Free Friday Cookie

STATE OF MIND.

Physical activity isn't just good for your body.
Regular exercise has been shown to help guard
the mind against depression, too.



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

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.

MENUS ARE SUBJECT TO CHANGE



Specialty Menus for April, 2015

**CHECK
IT OUT!**

LYNCHBURG CITY SCHOOLS
HIGH SCHOOL MENU

USDA is an equal opportunity provider and employer.

Available Daily!

Fresh Veggies

Fresh Fruits

Choice of Milk

1% & Skim White

Fat Free Flavored

Menu Subject to Change

**Check out the 2
New Menu Lines
in your Cafeteria!**

Every
Tuesday & Thursday
It's **Sub Day** with
Fresh Baked Sub Rolls,
Your Choice - Meat/Cheese
You Top it Your Way!

Wednesday
Specialty Pizzas
and Fresh Salads

Friday
International Foods



Mexican



Italian



Asian

NEW MENU LINES

Beginning.....

Tuesday, April 14—Sub Day

Fresh Baked Sub Rolls:

Italian Oregano

Honey Oat

Meats & Cheeses:

BBQ Meatballs

Italian Turkey Combo

Cheddar, Mozzarella

Wednesday, April 15

Specialty Pizzas

Thursday, April 16—Sub Day

Fresh Baked Sub Rolls:

Parmesan

Golden Wheat

Meats & Cheeses:

Warm Philly Steak & Cheese

Turkey, Ham & Cheese

American, Cheddar, Mozzarella

Friday, April 17—Asian

Teriyaki Chicken w/ Brown rice

Broccoli w/ Cheese

Dragon Juice

Free Friday Cookie