



# Menus for April 2017

## Lynchburg City Schools Middle School Menus

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



Since April 1 falls on a weekend this year, Congress passed a law declaring that "all pranks, practical jokes, tricks, and other April Fool's mischief shall, by law, be perpetrated on Monday, April 3 instead." Please plan accordingly. (And, oh yeah, April Fool's.)

Grab n' Go Breakfast	
<b>MONDAYS</b> Sausage Biscuit Pillsbury WG FRI/DEL WG Pop Tart & Yogurt	<b>THURSDAYS</b> Breakfast Pizza Pancake & Sausage Bites Yogurt Parfait & Granola
<b>TUESDAYS</b> Breakfast Pizza Pillsbury WG MINI CINNIS Yogurt Parfait & Granola	<b>FRIDAYS</b> Bacon, Egg & Cheese Sandwich Kellogg's WG MINI PANCAKES WG Pop Tart & Yogurt
<b>WEDNESDAYS</b> Breakfast Chicken Slider Pillsbury WG FRI/DEL WG Muffin & Yogurt	Assorted Cold Cereals & Granolas offered daily  Breakfast Includes: Breakfast Entrée, Fruit Juice, 1 Serving of Fruit, 1% or Fat Free Milk

### Grab 'n Go Menus

**Mondays**  
Chef Salad w/CROUTONS & CRACKERS  
All American Club Sub  
Hummus Cup Protein Pack

**Tuesdays**  
Southwest Chicken Salad w/TORTILLA CHIPS  
Southwest Chicken Ciabatta  
JIF Peanut Butter Cup Protein Pack

**Wednesdays**  
Asian Chicken Salad w/PITA POINTS  
Italian Deli Sub  
Yogurt Cup Protein Pack

**Thursdays**  
Shake Up Chopped Salad w/SOFT PRETZEL BITES  
Smoked Turkey & Swiss Croissant  
Hummus Cup Protein Pack

**Fridays**  
Buffalo Chicken Salad w/SOFT PRETZEL BITES  
Manager's Choice Sandwich  
JIF Peanut Butter Cup Protein Pack

**Daily**  
Grilled or Breaded Chicken Sandwich  
Served with Potatoes and Pickle Spear  
PBJ Uncrustable Combo Meal  
Side Garden Salad

All Grab n' Go Meals include a minimum 1/2 cup Fruit or Veggie  
Additional Fruits and Vegetables available to meet 1/2 C Fruit and 3/4 C Veg minimum daily required offering.  
All meals include 8oz Milk.

**Monday, April 3**

**Main Line Entrées (Choose 1)**  
100% Beef Patty on WG Bun  
Offered with or without American Cheese  
All American Sub w/Deli Pickle  
Pizza Dippers w/Marinara Sauce

**Vegetable Sides (Choose 2)**  
Campbell's Tomato Soup  
Seasoned Potato Wedges

**Fruit Sides (Choose 1)**  
Chilled Cupped Fruit  
Fresh Whole Fruit

**Tuesday, April 4**

**Main Line Entrées (Choose 1)**  
Hot Italian Turkey Panini  
Southwest Chicken Ciabatta  
Cheesy Beef Nachos

**Vegetable Sides (Choose 2)**  
Refried Beans w/Salsa & Cheese  
Golden Sweet Corn

**Fruit Sides (Choose 1)**  
Chilled Cupped Fruit  
Fresh Whole Fruit

**Wednesday, April 5**

**Main Line Entrées (Choose 1)**  
Ham, Egg & Cheese English Muffin  
Italian Deli Sub  
Breakfast for Lunch

**Vegetable Sides (Choose 2)**  
Seasoned Diced Potatoes  
"Sunset Sip" V-blend Juice

**Fruit Sides (Choose 1)**  
Cinnamon Baked Apples  
Fresh Whole Fruit

**Thursday, April 6**

**Main Line Entrées (Choose 1)**  
Potato Crusted Fish Fillet on WG Bun  
Smoked Turkey & Swiss Croissant  
Spaghetti & Meatballs w/Breadstick

**Vegetable Sides (Choose 2)**  
Fresh Broccoli Salad  
California Vegetable Medley

**Fruit Sides (Choose 1)**  
Chilled Cupped Fruit  
Fresh Whole Fruit

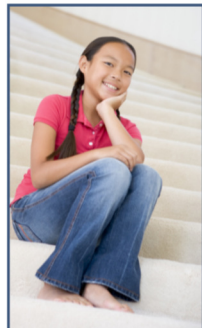
**Friday, April 7**

**Main Line Entrées (Choose 1)**  
Cuban Style Ham & Cheese Panini  
Manager's Choice Sandwich  
Pizza Slice w/Selection of Toppings

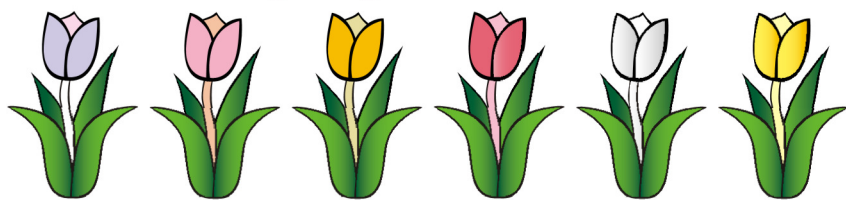
**Vegetable Sides (Choose 2)**  
Steamed Sweet Green Peas  
Crinkle Cut Potato Fries

**Fruit Sides (Choose 1)**  
Chilled Cupped Fruit  
Fresh Whole Fruit

## STAIRWAY TO HEALTH. SPRING BREAK

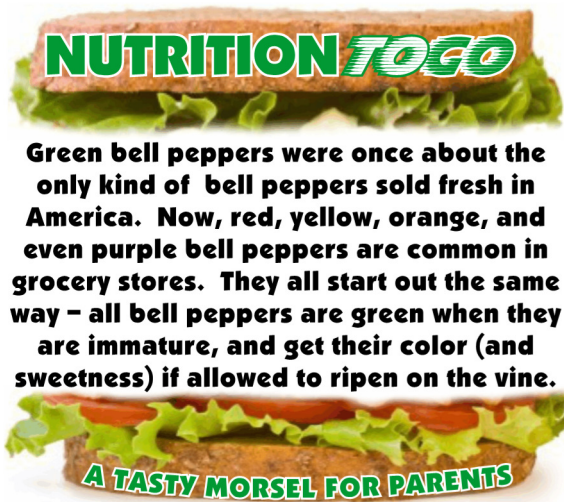


Wellness is determined by dozens of small choices we all make every day. For example, take the stairs - no, really, TAKE THE STAIRS! It's estimated that stair-climbing for just 2 minutes a day (6-8 flights) will burn enough calories to prevent annual weight gain for the average American.



**Break begins at the end of classes:  
Friday, April 7  
Classes resume:  
Monday, April 17**

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



**Green bell peppers were once about the only kind of bell peppers sold fresh in America. Now, red, yellow, orange, and even purple bell peppers are common in grocery stores. They all start out the same way – all bell peppers are green when they are immature, and get their color (and sweetness) if allowed to ripen on the vine.**

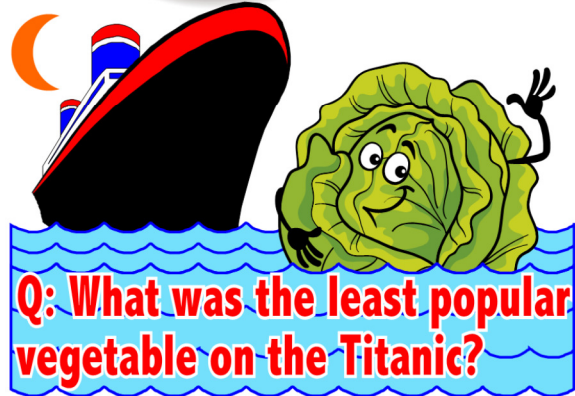
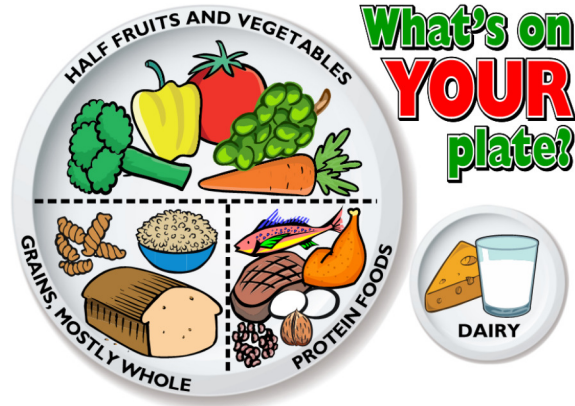
# WONDERS OF THE WORLD

photo: aloha-hawaii.com



# HAWAII VOLCANOES NATIONAL PARK

Mauna Loa and Kilauea volcanoes in Hawaii are known for heat – especially for Kilauea’s spectacular lava flows into the Blue Pacific. But Mauna Loa also rises nearly 14,000 feet above its ocean shore, high enough to get some snow every year, and sometimes a lot of snow. Last December, several feet fell on the highest mountains in Hawaii, and just last month in March there was a blizzard warning! This snowboarder is getting some air within sight of the world’s largest astronomical observatory atop Mauna Kea, a dormant volcano and the tallest of the Hawaiian mountains.



**Q: What was the least popular vegetable on the Titanic?**

**Answer:** Iceberg lettuce! Actually, iceberg lettuce is also the least nutritious of a very nutritious family of vegetables. Try other kinds of greens in salads and on sandwiches for more flavor and greater nutritional value!

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)

Monday, April 17	Tuesday, April 18	Wednesday, April 19	Thursday, April 20	Friday, April 21
<b>Main Line Entrées</b> (Choose 1) 100% Beef Patty on WG Bun <small>Offered with or without American Cheese</small> All American Sub w/Deli Pickle Breaded Pork Steak w/WG Biscuit	<b>Main Line Entrées</b> (Choose 1) Meatball & Mozzarella Sub Southwest Chicken Ciabatta Taco Salad Bowl	<b>Main Line Entrées</b> (Choose 1) Steak & Cheese Panini Italian Deli Sub Baked Chicken w/Biscuit	<b>Main Line Entrées</b> (Choose 1) Carolina Style Pork BBQ on WG Bun Smoked Turkey & Swiss Croissant Mouth Watering Mac & Cheese <small>Offered w/Corn Muffin</small>	<b>Main Line Entrées</b> (Choose 1) Shrimp & Fish Plate w/Corn Muffin Manager’s Choice Sandwich Pizza Crunchers
<b>Vegetable Sides</b> (Choose 2) Lima Beans Mashed Potatoes & Gravy	<b>Vegetable Sides</b> (Choose 2) Steamed Broccoli Garden Pasta Salad	<b>Vegetable Sides</b> (Choose 2) Green Beans Rosemary Red Skin Potatoes	<b>Vegetable Sides</b> (Choose 2) Seasoned Pinto Beans Creamy Cole Slaw	<b>Vegetable Sides</b> (Choose 2) Steamed Sweet Green Peas Crispy Tater Coins
<b>Fruit Sides</b> (Choose 1) Chilled Cupped Fruit Fresh Whole Fruit	<b>Fruit Sides</b> (Choose 1) Chilled Cupped Fruit Fresh Whole Fruit	<b>Fruit Sides</b> (Choose 1) Chilled Cupped Fruit Fresh Whole Fruit	<b>Fruit Sides</b> (Choose 1) Chilled Cupped Fruit Fresh Whole Fruit	<b>Fruit Sides</b> (Choose 1) Chilled Cupped Fruit Fresh Whole Fruit

Monday, April 24	Tuesday, April 25	Wednesday, April 26	Thursday, April 27	Friday, April 28
<b>Main Line Entrées</b> (Choose 1) 100% Beef Patty on WG Bun <small>Offered with or without American Cheese</small> All American Sub w/Deli Pickle Pizza Dippers w/Marinara Sauce	<b>Main Line Entrées</b> (Choose 1) Hot Italian Turkey Panini Southwest Chicken Ciabatta Cheesy Beef Nachos	<b>Main Line Entrées</b> (Choose 1) Ham, Egg & Cheese English Muffin Italian Deli Sub Breakfast for Lunch	<b>Main Line Entrées</b> (Choose 1) Potato Crusted Fish Fillet on WG Bun Smoked Turkey & Swiss Croissant Spaghetti & Meatballs w/Breadstick	<b>Main Line Entrées</b> (Choose 1) Cuban Style Ham & Cheese Panini Manager’s Choice Sandwich Pizza Slice w/Selection of Toppings
<b>Vegetable Sides</b> (Choose 2) Southern Baked Beans Seasoned Potato Wedges	<b>Vegetable Sides</b> (Choose 2) California Vegetable Medley Corn & Edamame Salad	<b>Vegetable Sides</b> (Choose 2) Seasoned Diced Potatoes <b>“Sunset Sip” V-blend Juice</b>	<b>Vegetable Sides</b> (Choose 2) Fresh Broccoli Salad Golden Sweet Corn	<b>Vegetable Sides</b> (Choose 2) Crunchy Baby Carrots w/Ranch Dip Crinkle Cut Potato Fries
<b>Fruit Sides</b> (Choose 1) Chilled Cupped Fruit Fresh Whole Fruit	<b>Fruit Sides</b> (Choose 1) Chilled Cupped Fruit Fresh Whole Fruit	<b>Fruit Sides</b> (Choose 1) Cinnamon Baked Apples Fresh Whole Fruit	<b>Fruit Sides</b> (Choose 1) Chilled Cupped Fruit Fresh Whole Fruit	<b>Fruit Sides</b> (Choose 1) Chilled Cupped Fruit Fresh Whole Fruit