

# welcome BACK to School

Menus for August 2017

## Lynchburg City Schools High School Lunch Menus

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

available daily

Pizzeria Style Pizza

Grilled Chicken Breast Sandwich

Spicy Chicken Breast Sandwich

Breaded Chicken Breast Sandwich

Entrée Salad

Cold Deli Sandwich

Included with Lunch

Lunch Entrée

2 Servings of Fruit

2 Servings of Vegetables

8 oz Milk

**EAT BETTER.  
PLAY HARDER.  
LIVE HEALTHIER.  
LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!**

*This year, our menu will again feature regular Wellness tips, showing how diet, exercise, and taking care of yourself can help ensure that you stay healthy and at the top of your game!*

## Grab n' Go Line

### Monday

CHEF SALAD w/CROUTONS & CRACKERS  
ALL AMERICAN CLUB SUB w/L-T-P & FRESH FRUIT OR VEGGIES  
SMUCKER'S PBJ & CHEESE CUBES w/FRESH FRUIT, VEGGIES & SOFT PRETZEL BITES

### Tuesday

SOUTHWEST CHICKEN SALAD w/TORTILLA CHIPS  
HAM & CHEESE SUB w/L-T-P & FRESH FRUIT OR VEGGIES  
HUMMUS & CHEESE CUBES w/SWEET PEPPER STRIPS, CARROTS & TORTILLA CHIPS

### Wednesday

ASIAN CHICKEN SALAD w/PITA POINTS  
ITALIAN DELI SUB w/L-T-P & FRESH FRUIT OR VEGGIES  
FRUIT & YOGURT PARFAIT w/GRANOLA & FRESH FRUIT

### Thursday

BISTRO CHICKEN SALAD w/GARLIC BREAD STICK  
TURKEY & SWISS SUB w/L-T-P & FRESH FRUIT OR VEGGIES  
HUMMUS & CHEESE CUBES w/SWEET PEPPER STRIPS, CUCUMBER & PITA POINTS

### Friday

BUFFALO CHICKEN SALAD w/SOFT PRETZEL BITES  
MANAGER'S CHOICE DELI SANDWICH w/L-T-P & FRESH FRUIT OR VEGGIES  
SMUCKER'S PBJ & GREEK YOGURT w/FRESH FRUIT, VEGGIES & SOFT PRETZEL BITES

## Featured Specials of the Day

### Monday, August 14

PIZZA DIPPERs w/MARINARA SAUCE  
STEAK & CHEESE SUB  
B-Y-O NACHOS or TACO SALAD BOWL

### Tuesday, August 15

SPAGHETTI & MEATBALLS w/GARLIC BREAD STICK  
HOT HONEY SRIRACHA CHICKEN SUB  
B-Y-O BAKED or FRIED POTATO BAR w/GARLIC BREAD STICKS

### Wednesday, August 16

SZECHWAN CHICKEN & RICE BOWL w/VEGETABLE EGG ROLL  
MEATBALL & MOZZARELLA SUB  
B-Y-O NACHOS or TACO SALAD BOWL

### Thursday, August 17

CHICKEN FAJITA on SOFT TORTILLA & RICE  
BACON CHEESEBURGER  
B-Y-O BAKED or FRIED POTATO BAR w/GARLIC BREAD STICKS

### Friday, August 18

BUFFALO CHICKEN CHUNKS w/BUTTERMILK BISCUIT  
PULLED PORK BBQ on a BUN  
B-Y-O NACHOS or TACO SALAD BOWL

**Make the healthy,  
economical choice!**

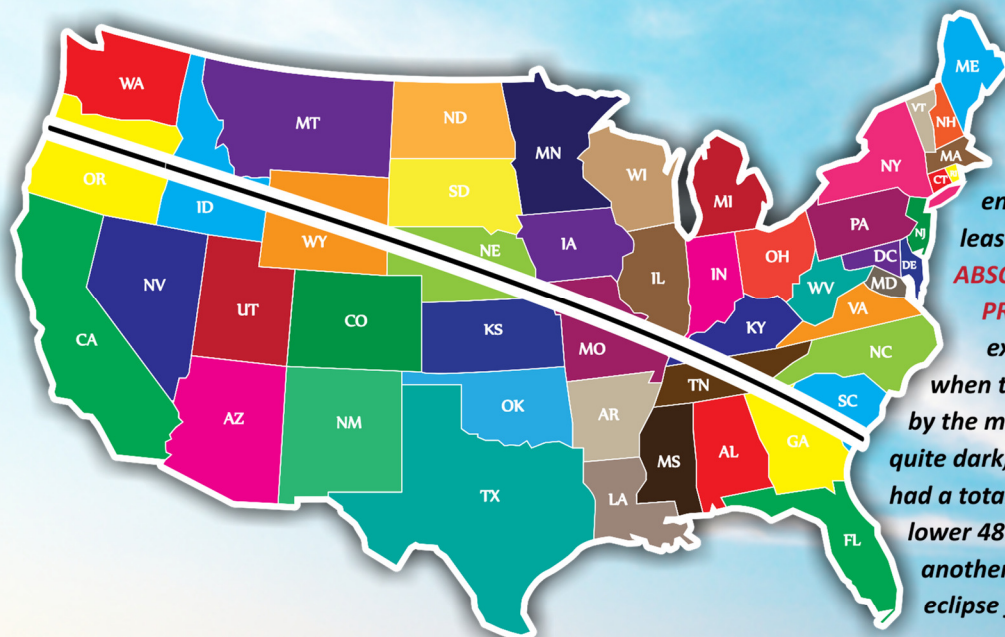
**Breakfast**

**Lunch**

**\$1.35 \$2.55**

**Get in touch with us today to learn more about  
free and reduced-price meals in our district:  
School Nutrition Office 434-515-5060**

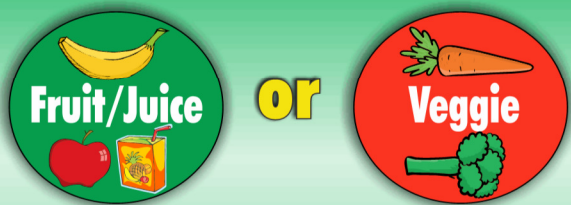




**A**re you ready for the solar eclipse on August 21?! The approximate path of the total eclipse is shown here, but the entire continental U.S. will see at least a 50% eclipse. **YOU WILL ABSOLUTELY NEED TO WEAR EYE PROTECTION** to view the eclipse, except in the "path of totality" when the sun is **COMPLETELY** covered by the moon and the sky suddenly goes quite dark, **LIKE NIGHTTIME!** We haven't had a total eclipse path cross the whole lower 48 since 1918, and won't have another until 2045. See more fun eclipse facts at [www.eclipse2017.org](http://www.eclipse2017.org).

**DON'T 4GET!**

To make a lunch, choose at least one



**LYNCHBURG CITY SCHOOLS  
SCHOOL NUTRITION SERVICES**

**eat fit**

**wanna stay fit?  
gotta eat right!**

**Make this the year you eat more fruits and veggies. And let us help!**

Fruits and vegetables are low in calories and fat and high in fiber, flavor, color, and convenience. **And whenever you choose to join us for a meal at school, you can rest assured that fruits and vegetables will always be on the menu!**



## Featured Specials of the Day

### Monday, August 21

BUFFALO CHICKEN DRUMSTICK w/PARKERHOUSE ROLLS  
STEAK & CHEESE SUB  
B-Y-O NACHOS or TACO SALAD BOWL

### Tuesday, August 22

MACARONI & CHEESE w/BUTTERMILK BISCUIT  
HOT HONEY SRIRACHA CHICKEN SUB  
B-Y-O BAKED or FRIED POTATO BAR w/BISCUIT

### Wednesday, August 23

ASIAN CHICKEN & RICE BOWL w/VEGETABLE EGG ROLL  
MEATBALL & MOZZARELLA SUB  
B-Y-O NACHOS or TACO SALAD BOWL

### Thursday, August 24

FISH & SHRIMP PLATE w/CORN MUFFIN  
BACON CHEESEBURGER  
B-Y-O BAKED or FRIED POTATO BAR w/GARLIC BREAD STICKS

### Friday, August 25

DILL CHICKEN CHUNKS w/BUTTERMILK BISCUIT  
HOT CUBAN PORK SANDWICH  
B-Y-O NACHOS or TACO SALAD BOWL

### Monday, August 28

PIZZA DIPPERS w/MARINARA SAUCE  
STEAK & CHEESE SUB  
B-Y-O NACHOS or TACO SALAD BOWL

### Tuesday, August 29

SPAGHETTI & MEATBALLS w/GARLIC BREAD STICK  
HOT HONEY SRIRACHA CHICKEN SUB  
B-Y-O BAKED or FRIED POTATO BAR w/GARLIC BREAD STICKS

### Wednesday, August 30

SZECHWAN CHICKEN & RICE BOWL w/VEGETABLE EGG ROLL  
MEATBALL & MOZZARELLA SUB  
B-Y-O NACHOS or TACO SALAD BOWL

### Thursday, August 31

CHICKEN FAJITA ON SOFT TORTILLA & RICE  
BACON CHEESEBURGER  
B-Y-O BAKED or FRIED POTATO BAR w/GARLIC BREAD STICKS

*please see reverse for items available daily*