



MENUS FOR AUGUST 2017

LYNCHBURG CITY SCHOOLS
MIDDLE SCHOOL
LUNCH MENUS

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

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

WELLNESS IS A WAY OF LIFE!

This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!



We're
SO GLAD
to see you!
It's going
to be a
GREAT YEAR!

**Welcome
Back
for FOOD,
FUN, & FITNESS!**

**Make the healthy,
economical choice!**

Monday, August 14

Main Line Entrées

(Choose 1)

Chargrilled Beef Patty on Bun
Offered with or without American Cheese
All American Sub w/Deli Pickle
Pizza Dippers w/Marinara Sauce

Vegetable Sides

(Choose 2)

Sweet Green Peas
Crinkle Cut Oven Fries

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Tuesday, August 15

Main Line Entrées

(Choose 1)

Cheesy Beef Nachos
Offered with variety of toppings
Italian Deli Sub w/Deli Pickle
BBQ Pork Rib Sandwich

Vegetable Sides

(Choose 2)

Southern Style Baked Beans
Golden Sweet Corn

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Wednesday, August 16

Main Line Entrées

(Choose 1)

Breakfast for Lunch
French Toast Sticks, Grilled Egg Patty & Sausage
Turkey & Swiss Sub w/Deli Pickle

Vegetable Sides

(Choose 2)

Seasoned Diced Potatoes
"Sunset Sip" V-blend Juice

Fruit Sides

(Choose 1)

Cinnamon Baked Apples
Fresh Whole Fruit

Thursday, August 17

Main Line Entrées

(Choose 1)

All Beef Hot Dog on Bun
Offered with or without Chili
All American Sub w/Deli Pickle
Spaghetti & Meatballs w/Breadstick

Vegetable Sides

(Choose 2)

Steamed Broccoli
Creamy Cole Slaw

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Friday, August 18

Main Line Entrées

(Choose 1)

Crispy Fish Fillet on Bun
Ham & Cheese Sub w/Deli Pickle
Pizza Slice w/Selection of Toppings

Vegetable Sides

(Choose 2)

Crunchy Baby Carrots w/Ranch Dip
Seasoned Potato Wedges

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Weekly Grab n' Go Menu

Mondays

Chef Salad w/CROUTONS & CRACKERS
Club Sub w/L-T-P & BABY CARROTS-DIP
PB&J w/YOGURT, CINNAMON BITZ & BANANA

Tuesdays

Southwest Chicken Salad w/TORTILLA CHIPS
Italian Sub w/L-T-P & GRAPE TOMATOES-DIP
PB&J w/CHEDDAR CUBES, GOLDFISH CRACKERS & APPLE SAUCE

Wednesdays

Asian Chicken Salad w/PITA POINTS
Turkey & Swiss Sub w/L-T-P & CELERY STICKS-DIP
PB&J w/YOGURT, CINNAMON BITZ & APPLE SLICES

Thursdays

Bistro Chicken Salad w/GARLIC BREADSTICK
Club Sub w/L-T-P & BABY CARROTS-DIP
PB&J w/CHEDDAR CUBES, GOLDFISH CRACKERS & CARROTS

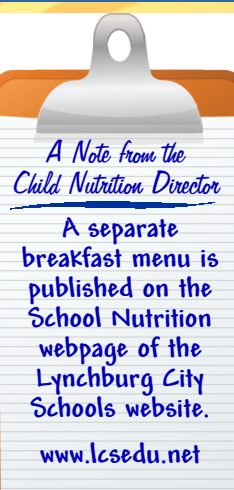
Fridays

Buffalo Chicken Salad w/SOFT PRETZEL BITES
Ham & Cheese Sub w/L-T-P & CUCUMBER SLICES-DIP
PB&J w/CHEDDAR CUBES, PRETZEL BITES & CUCUMBER SLICES

Daily

Chicken Sandwich (M-W-F) or Chicken Tenders (T-TH)
Served with Vegetable of the Day and Pickle Spear
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 requirement.
All meals include 8oz Milk.



*A Note from the
Child Nutrition Director*

A separate
breakfast menu is
published on the
School Nutrition
webpage of the
Lynchburg City
Schools website.

www.lcsedu.net

All of our complete meals are always

**NO CHARGE
for all students**

with no need to submit an
application, thanks to the
Community Eligibility Program!



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

Half your plate should be fruits and vegetables! They're low in calories and fat and high in fiber, flavor, color, and convenience. Plus, there are so many different varieties of fruits and veggies that you'll never get tired of them! They're nutritious, delicious, and fun to eat – with a meal or as a quick, natural snack. **And whenever you**

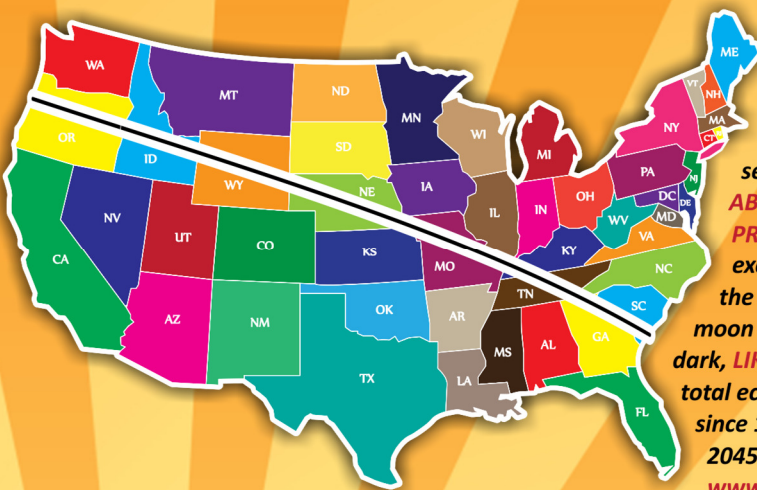
choose to join us for a meal at school, you can rest assured that fruits and vegetables will always be on the menu!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

AUGUST BIRTHDAYS

- William Clark -- August 1
- Barack Obama (56) -- August 4
- Shawn Mendes (19) -- August 8
- Viola Davis (52) -- August 11
- Meriwether Lewis -- August 18
- Charlie Parker -- August 29



Are 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.

Monday, August 21

Main Line Entrées (Choose 1)

- Chargrilled Beef Patty on Bun
Offered with or without American Cheese
- All American Sub w/Deli Pickle
- Breaded Pork Steak w/Buttermilk Biscuit

Vegetable Sides (Choose 2)

- Lima Beans
- Mashed Potatoes & Gravy

Fruit Sides (Choose 1)

- Chilled Cupped Fruit
- Fresh Whole Fruit

Tuesday, August 22

Main Line Entrées (Choose 1)

- Taco Salad Bowl
Offered with Variety of Toppings
- Italian Deli Sub w/Deli Pickle
- Meatball & Mozzarella Sub

Vegetable Sides (Choose 2)

- Fresh Broccoli Salad
- Golden Sweet Corn

Fruit Sides (Choose 1)

- Chilled Cupped Fruit
- Fresh Whole Fruit

Wednesday, August 23

Main Line Entrées (Choose 1)

- Baked Chicken w/Buttermilk Biscuit
- Turkey & Swiss Sub w/Deli Pickle
- Steak & Cheese Panini

Vegetable Sides (Choose 2)

- Green Beans
- Rosemary Red Skin Potatoes

Fruit Sides (Choose 1)

- Chilled Cupped Fruit
- Fresh Whole Fruit

Thursday, August 24

Main Line Entrées (Choose 1)

- Mouth Watering Mac & Cheese
Offered w/Corn Muffin
- All American Sub w/Deli Pickle
- Shrimp & Fish Plate w/Corn Muffin

Vegetable Sides (Choose 2)

- Steamed Broccoli
- Creamy Cole Slaw

Fruit Sides (Choose 1)

- Chilled Cupped Fruit
- Fresh Whole Fruit

Friday, August 25

Main Line Entrées (Choose 1)

- Pizza Crunchers
- Ham & Cheese Sub
- Carolina Pork BBQ on Bun

Vegetable Sides (Choose 2)

- Southern Style Baked Beans
- Crispy Tater Coins

Fruit Sides (Choose 1)

- Chilled Cupped Fruit
- Fresh Whole Fruit

Monday, August 28

Main Line Entrées (Choose 1)

- Chargrilled Beef Patty on Bun
Offered with or without American Cheese
- All American Sub w/Deli Pickle
- Pizza Dippers w/Marinara Sauce

Vegetable Sides (Choose 2)

- Sweet Green Peas
- Crinkle Cut Oven Fries

Fruit Sides (Choose 1)

- Chilled Cupped Fruit
- Fresh Whole Fruit

Tuesday, August 29

Main Line Entrées (Choose 1)

- Cheesy Beef Nachos
Offered with variety of toppings
- Italian Deli Sub w/Deli Pickle
- BBQ Pork Rib Sandwich

Vegetable Sides (Choose 2)

- Southern Style Baked Beans
- Golden Sweet Corn

Fruit Sides (Choose 1)

- Chilled Cupped Fruit
- Fresh Whole Fruit

Wednesday, August 30

Main Line Entrées (Choose 1)

- Breakfast for Lunch
French Toast Sticks, Grilled Egg Patty & Sausage
- Turkey & Swiss Sub w/Deli Pickle

Vegetable Sides (Choose 2)

- Seasoned Diced Potatoes
- "Sunset Sip" V-blend Juice

Fruit Sides (Choose 1)

- Cinnamon Baked Apples
- Fresh Whole Fruit

Thursday, August 31

Main Line Entrées (Choose 1)

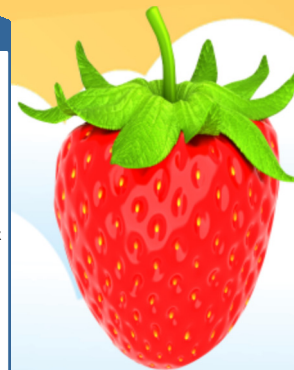
- All Beef Hot Dog on Bun
Offered with or without Chili
- All American Sub w/Deli Pickle
- Spaghetti & Meatballs w/Breadstick

Vegetable Sides (Choose 2)

- Steamed Broccoli
- Creamy Cole Slaw

Fruit Sides (Choose 1)

- Chilled Cupped Fruit
- Fresh Whole Fruit



We hope you enjoy the last sweet days of Summer **BERRY** much!