



Lynchburg City High Schools

 **available daily**

**Fully Stocked Salad Bar &
Assorted Fruits on Every Buffet Line**

**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

Monday, August 17—Let's Eat!

Buffet Line: Spicy BBQ Rib/ Bun
Or Assorted Pizza; Hot Vegetable of Choice

Grill Line: Grilled Burgers w/ Melted Cheese
& all the fixins; Potato Wedges; Baked Beans

Tuesday, August 18

Buffet Line: Chicken Tenders or Corn Dog
Mashed Potatoes; Green Beans; Dinner Roll

Sub Line: **FRESH BAKED SUB ROLLS!**
Hot Philly Cheesesteak or Combo Deli Sub
Crisp Potato Wedges; Bag of Chips w/ all subs

Wednesday, August 19

Buffet Line: Crisp Chicken Fillet/ Bun Or
Beef & Bean Burrito; Glazed Carrots

Pizzeria Line: Assorted Pizza- cheese, pepperoni,
Veggie; Cheesy Pizza Sticks w/ Marinara Sauce

Thursday, August 20

Buffet Line: Beef Taco/ Soft Shell w/ toppings
Or Breaded Pork Chop/ Bun; Fiesta Corn

Sub Line: **FRESH BAKED SUB ROLLS!**
Cold Club Sub-turkey, ham, bacon, cheese
Or Hot Sloppy Joe Sub w/ toppings, Bag of Chips

Friday, August 21

Buffet Line: Potato Crusted Fish Fillet/ Bun
Or **Fresh Made** Chicken Salad / Bun; Hot Veggie

Friday Specialty Line: PepperJack Beef Sliders;
Chicken Salad Sandwich; Potato Wedges, Cole Slaw
Free Friday Cookie!

USDA is an equal opportunity provider and employer.



Featured Specials of the Day

Monday, August 24

Buffet Line: Texas BBQ / Bun Or PBJ Sandwich

Grill Line: All American Hot Dog –Pick your City!
& all the fixins; Potato Wedges; Baked Beans

Tuesday, August 25

Buffet Line: Teriyaki Chicken or Beef BBQ Rib/ Bun
Or Fresh Chef Salad w/ crackers; Oriental Vegetables

Sub Line: **FRESH BAKED SUB ROLLS!**
Hot Teriyaki Chicken Sub w/Sautéed Onions or
Combo Deli Sub; Bag of Chips w/ all subs

Wednesday, August 26

Buffet Line: Spicy Chicken Fillet/ Bun Or Salisbury
Steak w/gravy; Mashed Potatoes; Collard Greens

Pizzeria Line: Assorted Pizza– Meat Lovers, Veggie,
Fiesta Pizza; Salad Bar; Fruit

Thursday, August 27

Buffet Line: Beef Chili Beans / Tostitos Scoops Or
Salisbury Steak w/ gravy; Turnip Greens; Dinner Roll

Sub Line: **FRESH BAKED SUB ROLLS!**
Cold Ranch Chicken Club, Hot Ham & Cheese Sub;
Bag of Chips

Friday, August 28

Buffet Line: Crisp Chicken Filet/ Bun Or Chef's
Choice Entrée; Potato Wedges; Veggie of Choice

Friday Specialty Line: Rigatoni w/ Meat Sauce &
Cheese; Ratatouille Vegetables
Free Friday Cookie!

Featured Specials of the Day

Monday, August 31

Buffet Line: Honey BBQ Rib/ Bun Or Corn Dog;
Ranch Potato Wedges; Baked Beans

Grill Line- Grilled Burgers w/ Melted Cheese
& all the fixins; Potato Wedges; Baked Beans

Tuesday, September 1

Buffet Line: Chicken Tenders or Corn Dog
Mac & Cheese; Seasoned Green Peas; Dinner Roll

Sub Line: **FRESH BAKED SUB ROLLS!**

Hot Italian Meat Sub or Cold Combo Deli Sub
Crisp Potato Wedges; Bag of Chips w/ all subs

Wednesday, September 2

Buffet Line: Crisp Chicken Fillet/ Bun Or
Salisbury Steak w/ gravy; Collard Greens

Pizzeria Line: Assorted Pizza- Meat Lovers,
Veggie, Fiesta Pizza; Salad Bar; Fruit

Thursday, September 3

Buffet Line: Spaghetti w/ Meat Sauce/ Garlic Bread
Or Chef's Choice Entrée; Broccoli w/ cheese

Sub Line: **FRESH BAKED SUB ROLLS!**

Cold Ranch Chicken Club, Hot Ham & Cheese Sub;
Bag of Chips

Friday, September 4

Buffet Line: Crispy Fish Bites or Assorted Pizza;
Spiral Potatoes; Cole Slaw Bun

Friday Specialty Line: Beef Taco/ Beef & Bean
Burrito/ Sliders; Refried Beans; Mexican Rice

Free Friday Cookie!

Enjoy your Long Weekend!

PARENTS

MEAL APPLICATIONS:

Unless your children are approved by Direct Certification for SNAP (Food Stamps) or TANF, you are required to complete a new meal application **each school year** in order for your children to receive free or reduced price meals. Only **ONE** application per family is required. Each student within a family and the school he attends must be listed on the application. **Every application must have an adult signature to be processed!** Please make sure your application is completed and turned in to your school cafeteria cashier or to the School Nutrition Office in the School Administration Building as soon as possible. Your children may use their previous year's approval for the first 30 days of the new school year.

If you have any questions or need further information, please call the School Nutrition Office at 434-515-5064.

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CHEW ON THIS.

Apples help lower blood sugar and reduce the amount of fat in your blood. Plus, apples have recently been shown to improve digestion and digestive health. But be sure to eat the actual fruit -- applesauce and apple juice don't provide the same benefits.



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



If you're breathing,
you're **alive**.

If you're breathing hard,
you're **living**.

Go for it.

**THANK
YOU**