



USDA is an equal opportunity provider and employer.

# MENUS FOR DECEMBER 2014

LYNCHBURG CITY SCHOOLS  
SECONDARY LUNCH MENU

## 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

#### Monday, December 1

Hot Dog/WG Bun w/wo Chili Or  
Meatballs w/ cheese/ WG Bun Or  
Specialty Sandwich w/LTO;  
Home-Style Baked Beans; Cole Slaw

#### Tuesday, December 2

Spaghetti w/ Meat Sauce, Garlic Toast  
Or Crisp Chicken Fillet/ WG Bun Or  
Boxed Fresh Chef Salad w/ Crackers;  
Seasoned Turnip Greens; Potato Wedges

#### Wednesday, December 3

Cheesy Sticks w/ Marinara Or  
BBQ Chicken Flatbread Or  
Specialty Sandwich w/LTO  
Fresh Baked Potato

#### Thursday, December 4

Beef Chili Beans w/ Baked "Tostitos" Or  
Spicy/or Honey BBQ Rib/ WG Bun Or  
Turkey, Ham, & Cheese Wrap;  
Golden Corn

#### Friday, December 5

Assorted Pizza Or Crispy Pork Chop Or  
Manager's Choice Entrée;  
Creamy Sweet Potatoes;  
Broccoli w/ cheese; Fruit/Veggie Juice  
Wheat Dinner Roll  
**Free Friday Cookie**

### Featured Specials of the Day

#### Monday, December 8

Texas BBQ /WG Bun Or  
Cheeseburger/ WG Bun Or  
Specialty Sandwich w/LTO;  
Crispy Potato Wedges; Cole Slaw

#### Tuesday, December 9

Spicy BBQ Rib/ WG Bun Or  
House Made Chicken Salad/ WG Croissant  
Specialty Sandwich w/LTO;  
Mashed Potatoes; Mixed Vegetables

#### Wednesday, December 10

Assorted Pizza Wedge Or  
Cheesy Chicken Pasta Or  
Specialty Sandwich w/LTO;  
Glazed Carrots; Pinto Beans

#### **"Brunch for Lunch"**

#### Thursday, December 11

Cheesy Scrambled Eggs  
w/ Sausage Patty/ Biscuit w/Jelly Or  
"Dog in a Blanket" Or  
Specialty Sandwich w/ LTO  
Crisp "Tater Tots"; Baked Apples

#### Friday, December 12

Assorted Pizza Or Crisp Corn Dog Or  
Manager's Choice Entrée w/ WG Bread;  
Creamy Macaroni & Cheese;  
Broccoli w/ cheese;  
Fruit/Veggie Juice  
**Free Friday Cookie**

# DON'T LET THIS HAPPEN TO YOU!!!

SO THIS IS WHAT IT HAD COME TO FOR THE OLD FELLOW:  
ONE CRAZY NIGHT FUELED BY SUGAR, BUTTER, AND FLOUR,  
FOLLOWED BY A **WEEK-LONG**  
**COOKIE COMA!**



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



**item:** salsa

**verdict:** hot for the holidays

**tip:** When you find yourself reaching mindlessly for yet another round of holiday snacks, make an effort, once in awhile, to reach for salsa. It's low in calories, it's high in flavor, and it's RED and GREEN, for cryin' out loud! Salsa is the perfect holiday snack!



Based on an entire 16-oz. jar of a major brand.

## Featured Specials of the Day

### Monday, December 15

Cheeseburger/ WG Bun Or  
Hot Entrée Item /WG Bun Or  
Specialty Sandwich w/LTO;  
Baked Beans; Cole Slaw

### Tuesday, December 16

House Made Chicken Vegetable Soup  
Toasted Cheese Sandwich  
Manager's Entrée of Choice  
Manager's Sandwich of Choice  
**Holiday Treat**

### Wednesday, December 17

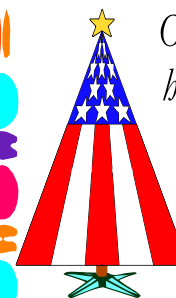
Assorted Pizza Wedge Or  
Manager's Choice Entrée Sandwich  
Hot Vegetable of Choice

### Thursday, December 18

Crisp Corn Dog Or Assorted Pizza  
Hot Vegetable of Choice  
Limited Salad Bar

### Friday, December 19

Manager's Choice Entrée w/ WG Bread;  
Manager's Choice Specialty Sandwich  
Hot Vegetable of Choice  
Limited Salad Bar



Our best wishes for a safe and happy Holiday season for our students and staff, our families, our community, and our nation.



From Meryl Smith, Director of School Nutrition & the School Nutrition Staff at your school

Exam Schedule for High Schools  
December 16—19, 2014

Quick Grab & Go Menus  
available each day.

Good Luck on Exams!

Happy Holidays!



Beware of Mistletoe!

ENJOY YOUR  
WINTER  
BREAK!

SEE YOU IN  
**2015**  
HAPPY NEW YEAR!

Last day of school:  
Friday, December 19

Classes resume:  
Monday, January 5