



FEBRUARY 2015

LYNCHBURG CITY SCHOOLS
SECONDARY MENU

USDA is an equal opportunity provider & employer.



Check Out "My School Bucks" for
online account payments w/ No Fees!

Easy, Smart, Secure!

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, February 2

Texas BBQ/WG Bun Or Chicken Fillet/
WG Bun or Assorted Pizza;
Crisp French Fries' Broccoli w/cheese

Tuesday, February 3

Chicken Tenders Or Sliced Ham Or
Boxed Fresh Chef Salad w/ Crackers
Creamy Mashed Potatoes
Seasoned Green Beans
Fresh Baked Wheat Rolls

Wednesday, February 4

Assorted Pizza Wedge Or
Fresh Baked Stromboli Or
Specialty Sandwich w/LTO;
Crisp Potato Wedges;
Black-eyed Peas

Thursday, February 5

Beef Chili Beans w/cheese with
Baked "Tostitos" Scoops Or
Spicy Beef & Bean Burrito Or
Specialty Wrap w/LTO
Golden Corn

Friday, February 6

Potato Crusted Fish Fillet Or
Assorted Pizza Wedges Or
Crisp Corn Dog
Creamy Sweet Potatoes;
Mixed Vegetables
100% Fruit/Veggie Juice
Free Friday Cookie

Featured Specials of the Day

Monday, February 9

Hot Dog/ WG Bun w/w0 Chili Or
Meatballs w/ cheese/ WG Bun Or
Assorted Pizza;
Pinto Beans; Fresh Steamed Cabbage

Tuesday, February 10

Chicken Teriyaki Or Turkey & Gravy Or
Boxed Fresh Chef Salad w/ Crackers
Glazed Carrots; Broccoli w/ cheese
Steamed Brown Rice
Fresh Baked Wheat Roll

Wednesday, February 11

Cheesy Pizza Sticks w/ Marinara Sauce
Or House Made Flatbread Pizza
Or Specialty Sandwich w/ LTO
Crisp Potato Wedges
Hot Vegetable of Choice

Thursday, February 12

Fresh Made Chicken Vegetable Soup
Toasted Cheese Sandwich Or
Hot Ham Or Turkey & Cheese Sandwich



Valentine Friday, February 13

Cheeseburger/WG Bun Or
Assorted Pizza Wedges Or
Spicy BBQ Rib/WG Bun
Macaroni & Cheese; Green Beans
♥ Valentine Cherry Ice Cup ♥
Free Friday Cookie

Featured Specials of the Day

Monday, February 16

Crisp Chicken Fillet/ WG Bun Or
Assorted Pizza Or
Specialty Sandwich w/LTO;
Potato Wedges; Pinto Beans

Tuesday, February 17

Chicken Tenders Or Turkey & Gravy Or
Boxed Fresh Chef Salad w/ Crackers
Mashed Potatoes; Green Peas
Fresh Baked Wheat Roll

Wednesday, February 18

Crispy Pork Chop/ WG Bun Or
Assorted Pizza Wedges Or
Or Specialty Sandwich w/LTO;
Oven Roasted Red Potatoes & Fresh
Baby Carrots

Thursday, February 19

Spaghetti w/Meat Sauce Or
Chicken Fillet/ WG Bun Or
Deli Meats/cheese Sandwich w/ LTO
Turnip Greens; Crisp Potato Wedges

Friday, February 20

Potato Crusted Fish Fillet/WG Bun Or
Assorted Pizza Wedges Or
Crisp Corn Dog;
Fresh Baked Sweet Potato
Steamed Broccoli
100% Fruit/Veggie Juice
Free Friday Cookie

MAKE TIME.



Adults should get at least 2.5 hours of moderate aerobic exercise a week. Teens should get 60 total minutes of moderate to vigorous physical activity each day.

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



item:
ramen noodles
verdict:
cheap for a reason

tip: Cheap and easy ramen noodles have long been a dietary mainstay of college students and other young folks struggling with both budgets and cooking skills. Well, you get what you pay for: a brick of ultra-processed calories and fat, treated with loads of salt so you'll think they're actually tasty.



Based on one packet of noodles

Featured Specials of the Day

Monday, February 23

Hot Dog/ WG Bun Or
Meatballs w/ cheese/ WG Bun Or
Assorted Pizza;
Home-style Baked Beans; Cole Slaw

Tuesday, February 24

Chicken Tenders Or
Spicy BBQ Rib/ WG Bun Or
Boxed Fresh Chef Salad w/ Crackers
Mashed Potatoes; Glazed Carrots
Fresh Baked Wheat Roll

Wednesday, February 25

Crisp Chicken Fillet/ WG Bun
Assorted Pizza Wedges
Or Turkey/ Cheese Sandwich w/ LTO
Crisp Potato Wedges;
Hot Vegetable of Choice

Thursday, February 26

Turkey Taco w/WG Shell w/cheese Or
House Made Chicken Salad
/ WG Croissant Or
Deli Meat & Cheese Wrap
Golden Corn

Friday, February 27

Crisp Chicken Fillet/ WG Bun Or
Texas BBQ/ WG Bun or
Assorted Pizza Wedges
Crisp Oven Fries; Mixed Vegetables
100% Fruit/Veggie Juice
Free Friday Cookie