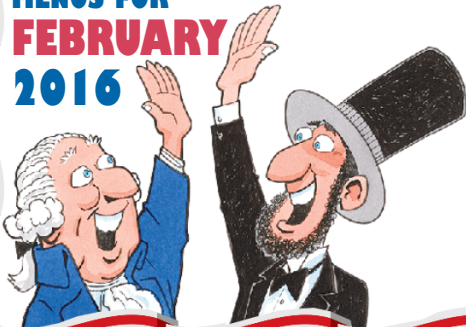


**MENUS FOR
FEBRUARY
2016**



**LYNCHBURG
CITY SCHOOLS
MIDDLE
SCHOOL
MENUS**

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

FEBRUARY BIRTHDAYS

Celebrating African-American History Month!

Langston Hughes -- Feb. 1
Rosa Parks -- Feb. 4
Hank Aaron (82) -- Feb. 5
Alice Walker (72) -- Feb. 9
Frederick Douglass -- Feb. 14
Rihanna (28) -- Feb. 20

MATH WIZ



In 1925, after graduating from Indiana University and enlisting and serving in the First World War, Elbert Cox enrolled in Cornell University and became the first black person (in America or anywhere else) to earn a Ph.D. in Mathematics.

AFRICAN AMERICAN HISTORY MONTH
Learn more at <http://www.news.cornell.edu/Chronicle/02/2.28.02/ElbertCox.html>

Grad-n-Go Breakfast Menus

MONDAY
Flapstick
Chicken Breakfast Slider

TUESDAY
Breakfast Pizza
Pillsbury Mini Pancakes

WEDNESDAY
Flapstick
Cocoa Cherry Breakfast Bar

THURSDAY
Breakfast Pizza
Pillsbury Mini Cinnis

FRIDAY
Flapstick
Bacon, Egg & Cheese Slider

AVAILABLE DAILY
Kellogg's WG Pop Tart & Yogurt
Assorted Cold Cereal & Graham Crackers
Breakfast includes: Entrée, Fruit Juice,
1 Serving of Fruit & 8oz of Milk

Monday, February 1

Lunch Entrées
(Choose 1)
Chicken Nuggets w/WG Dinner Roll
Hot Dog on WG Bun
Chef Salad w/Cheddar Goldfish Crackers

Vegetable Sides
(Choose 2)
Campbell's Tomato Soup
Southern Baked Beans
Salad Bar

Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Tuesday, February 2

Lunch Entrées
(Choose 1)
Brunch for Lunch
Hot Ham & Cheese on WG Bagel
Jamwich PB&J Combo Meal

Vegetable Sides
(Choose 2)
Crispy Tater Rounds
Baby Carrots w/Ranch Dip
Salad Bar

Fruit Sides
(Choose 1)
Baked Apples
Selection of Cupped & Whole Fruit

Wednesday, February 3

Lunch Entrées
(Choose 1)
Cheesy Beef Nachos
Chicken Fajita on Soft Tortilla
Philly Cheese Steak Sub

Vegetable Sides
(Choose 2)
Golden Sweet Corn
Refried Beans
Salad Bar w/Nacho Toppings

Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Thursday, February 4

Lunch Entrées
(Choose 1)
Italian Meatball Sub w/Mozzarella Cheese
Toasted Cheese Sandwich
Jamwich PB&J Combo Meal

Vegetable Sides
(Choose 2)
Chicken Vegetable Soup
Savory Potato Wedges
Salad Bar

Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Friday, February 5

Lunch Entrée
(Choose 1)
Pizza Slice w/Selection of Toppings
Spicy BBQ Rib on WG Bun
Tuna Salad Sub

Vegetable Sides
(Choose 2)
Steamed Broccoli Florets
Shoe String Oven Fries
Salad Bar

Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Monday, February 8

Lunch Entrées
(Choose 1)
Corn Dog Nuggets
Cheeseburger on WG Bun
Chef Salad w/Cheddar Goldfish Crackers

Vegetable Sides
(Choose 2)
Succotash (Limas & Corn)
Creamy Cole Slaw
Salad Bar w/Lettuce & Sliced Tomato

Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Tuesday, February 9

Lunch Entrées
(Choose 1)
Herb Roasted Chicken w/Dinner Roll
Breaded Pork Steak on WG Bun
Jamwich PB&J Combo Meal

Vegetable Sides
(Choose 2)
Green Beans
Mashed Potatoes w/Gravy
Salad Bar

Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Wednesday, February 10

Lunch Entrées
(Choose 1)
MAX Sticks w/Pizza Dipping Sauce
Hot Italian Flatbread Sandwich
Chicken Salad on Fresh Baked Sub Roll

Vegetable Sides
(Choose 2)
Campbell's Tomato Soup
Corn & Edamame Salad
Salad Bar

Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Thursday, February 11

Lunch Entrées
(Choose 1)
Chicken Tenders w/Garlic Bread Stick
Turkey Taco w/Shredded Cheese
Jamwich PB&J Combo Meal

Vegetable Sides
(Choose 2)
Steamed Broccoli Florets
Seasoned Pinto Beans
Salad Bar w/Shredded Lettuce & Salsa

Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Friday, February 12

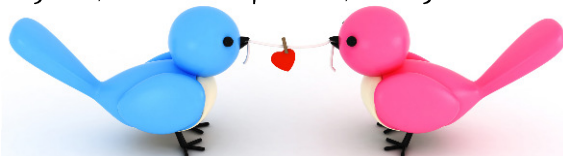
Lunch Entrées
(Choose 1)
Pizza Slice w/Selection of Toppings
Potato Crusted Fish Fillet on WG Bun
American Club Sub

Vegetable Sides
(Choose 2)
Savory Potato Wedges
Fresh Carrot & Celery Sticks
Salad Bar

Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

POWER OF LOVE.

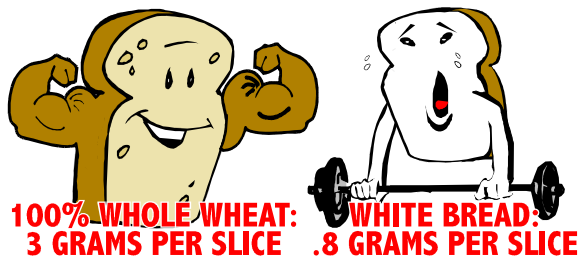
February is a great time to think about love -- and how it supports wellness. Loving others -- and feeling loved -- has been shown to lower stress levels, decrease anxiety, boost the immune system, lower blood pressure, and fight disease.



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



Powerhouse!



Fiber in the foods you eat helps make you strong and healthy! You should try to eat about 20-25 grams of fiber a day. So if you love PB&J, a sandwich on 100% whole wheat bread pumps you up with 6 grams of fiber (just from the bread), while one on white bread only gives you about a quarter as much.

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

Monday, February 15

Presidents' Day



No School Today

Tuesday, February 16

Winter Break

No School Today

Wednesday, February 17

INTERSESSION MENUS

Breakfast

Cereal & Grahams
Fruit Juice & Milk

Lunch

MAX Sticks w/Pizza Sauce
Or
Jamwich PB&J Combo Meal

Crispy Tater Tots
Golden Sweet Corn
Chilled Applesauce
Milk

Thursday, February 18

Breakfast

Cereal & Grahams
Fruit Juice & Milk

Lunch

Chris P Chicken Fillet
on WG Bun
Or
American Club Sub

Seasoned Potato Wedges
Creamy Cole Slaw
Mandarin Orange Sections
Milk

Friday, February 19

Breakfast

Cereal & Grahams
Fruit Juice & Milk

Lunch

Pizza Slice
Or
Jamwich PB&J Combo Meal

Shoe String Oven Fries
Fresh Garden Salad
Pineapple Tidbits
Milk

Monday, February 22

Lunch Entrées

(Choose 1)

Chicken Nuggets w/WG Dinner Roll
Spicy BBQ Rib on WG Bun
Chef Salad w/Cheddar Goldfish Crackers

Vegetable Sides

(Choose 2)

Southern Baked Beans
Creamy Cole Slaw
Salad Bar

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Tuesday, February 23

Lunch Entrées

(Choose 1)

Brunch for Lunch
Hot Ham & Cheese on WG Bagel
Jamwich PB&J Combo Meal

Vegetable Sides

(Choose 2)

Crispy Hash Brown Patty
V Blend Juice
Salad Bar

Fruit Sides

(Choose 1)

Baked Apples
Selection of Cupped & Whole Fruit

Wednesday, February 24

Lunch Entrées

(Choose 1)

Cheesy Turkey Nachos
Chicken Fajita on Soft Tortilla
Philly Cheese Steak Sub

Vegetable Sides

(Choose 2)

Golden Sweet Corn
Shoe String Oven Fries
Salad Bar w/Nacho Toppings

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Thursday, February 25

Lunch Entrées

(Choose 1)

Italian Meatball Sub w/Mozzarella Cheese
Toasted Cheese Sandwich
Jamwich PB&J Combo Meal

Vegetable Sides

(Choose 2)

Chicken Vegetable Soup
Savory Potato Wedges
Salad Bar

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Friday, February 26

Lunch Entrée

(Choose 1)

Pizza Slice w/Selection of Toppings
Breaded Chicken Patty on WG Bun
Tuna Salad Sub

Vegetable Sides

(Choose 2)

Steamed Broccoli Florets
Baby Carrots w/Ranch Dip
Salad Bar

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Monday, February 29

Lunch Entrées

(Choose 1)

Corn Dog Nuggets
Cheeseburger on WG Bun
Chef Salad w/Cheddar Goldfish Crackers

Vegetable Sides

(Choose 2)

Succotash (Limas & Corn)
Creamy Cole Slaw
Salad Bar w/Lettuce & Sliced Tomato

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit



IT TAKES THE EARTH 365¼ DAYS TO COMPLETE AN ORBIT AROUND THE SUN.

THAT'S WHY WE ADD A 366TH DAY (FEBRUARY 29th) IN EVERY YEAR THAT CAN BE DIVIDED EVENLY BY 4.

BUT THAT STILL LEAVES US OFF BY ABOUT 11 MINUTES EVERY YEAR.

SO CENTURY YEARS ONLY HAVE A LEAP YEAR IF THEY CAN BE DIVIDED EVENLY BY 400.

THAT'S WHY THE YEAR 2000 HAD A LEAP YEAR, BUT 1900 DID NOT, AND NEITHER WILL 2100.

GOT ALL THAT?