

Menus for February 2018

Lynchburg City Schools Fort Hill Regional School Menus

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



Monday, February 5

Entrée

Breaded Pork Steak w/Buttermilk Biscuit

Vegetable Sides

(Choose 2)

Lima Beans

Mashed Potatoes & Gravy

Fruit Sides

(Choose 2)

Chilled Cupped Fruit
Fresh Whole Fruit

Tuesday, February 6

Entrée

Cheeseburger Meatloaf on Bun

Vegetable Sides

(Choose 2)

Steamed Sweet Green Peas

Golden Sweet Corn

Fruit Sides

(Choose 2)

Chilled Cupped Fruit
Fresh Whole Fruit

Wednesday, February 7

Entrée

Breaded Chicken Fillet on WG Bun

Vegetable Sides

(Choose 2)

Green Beans

Rosemary Red Skin Potatoes

Fruit Sides

(Choose 2)

Chilled Cupped Fruit
Fresh Whole Fruit

Thursday, February 8

Entrée

Breaded Chicken Fillet on WG Bun

Vegetable Sides

(Choose 2)

Steamed Broccoli

Creamy Cole Slaw

Fruit Sides

(Choose 2)

Chilled Cupped Fruit
Fresh Whole Fruit

Friday, February 2

Entrée

Pizza Slice

Vegetable Sides

(Choose 2)

Romaine Garden Salad

Seasoned Potato Wedges

Fruit Sides

(Choose 2)

Chilled Cupped Fruit
Fresh Whole Fruit



WEEKLY BREAKFAST MENU

Monday: PopTart & Yogurt

Tuesday: Pillsbury Mini Cinnis

Wed: Breakfast Chicken Slider

Thursday: Blueberry Crumb Cake

Friday: Bacon, Egg & Cheese Slider

Daily: Cereal and Grahams

Breakfast includes: Milk,
Fruit Juice & 1 Serving of Fruit

MELTING AWAY.

Chocolate and hearts go together this time of year. And, yes, a little dark chocolate now and then can even be good for you. But scientists warn that the prime cocoa growing areas of the world could be too warm to grow the crop by as soon as 2050.



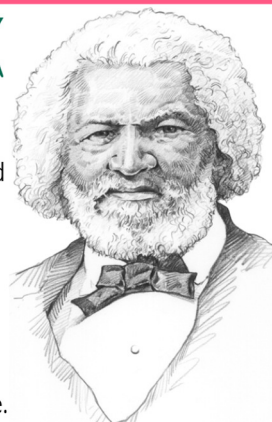
EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



Every complete meal
we serve comes with
your choice of milk!

FREDERICK DOUGLASS

Frederick Douglass escaped from slavery in Maryland in 1838. He became a renowned orator and abolitionist and the best known and most influential African American of his time.



AFRICAN AMERICAN HISTORY MONTH

Want to know more? Search for "Frederick Douglass" on-line.



Monday, February 12

Entrée

Chargrilled Beef Patty on Bun
Offered with or without American Cheese

Vegetable Sides
(Choose 2)

Fresh Veggie Cup w/Ranch Dip
Crinkle Cut Oven Fries

Fruit Sides

(Choose 2)
Chilled Cupped Fruit
Fresh Whole Fruit

Tuesday, February 13

Entrée

BBQ Pork Rib Sandwich

Vegetable Sides
(Choose 2)

Southern Style Baked Beans
Golden Sweet Corn

Fruit Sides

(Choose 2)
Chilled Cupped Fruit
Fresh Whole Fruit

Wed., February 14

Entrée

Breakfast for Lunch
French Toast Sticks, Grilled Egg Patty & Sausage

Vegetable Sides
(Choose 2)

Seasoned Diced Potatoes
"Sunset Sip" V-blend Juice

Fruit Sides

(Choose 2)
Cinnamon Baked Apples
Fresh Whole Fruit

Thursday, February 15

Entrée

Breaded Chicken Fillet on WG Bun

Vegetable Sides
(Choose 2)

Steamed Broccoli
Creamy Cole Slaw

Fruit Sides

(Choose 2)
Chilled Cupped Fruit
Fresh Whole Fruit

Friday, February 16

Entrée

Pizza Slice

Vegetable Sides
(Choose 2)

Romaine Garden Salad
Seasoned Potato Wedges

Fruit Sides

(Choose 2)
Chilled Cupped Fruit
Fresh Whole Fruit

Monday, February 19

Entrée

Breaded Pork Steak w/Buttermilk Biscuit

Vegetable Sides
(Choose 2)

Lima Beans
Mashed Potatoes & Gravy

Fruit Sides

(Choose 2)
Chilled Cupped Fruit
Fresh Whole Fruit

Tuesday, February 20

Entrée

Cheeseburger Meatloaf on Bun

Vegetable Sides
(Choose 2)

Steamed Sweet Green Peas
Golden Sweet Corn

Fruit Sides

(Choose 2)
Chilled Cupped Fruit
Fresh Whole Fruit

Wed., February 21

Entrée

Breaded Chicken Fillet on WG Bun

Vegetable Sides
(Choose 2)

Green Beans
Rosemary Red Skin Potatoes

Fruit Sides

(Choose 2)
Chilled Cupped Fruit
Fresh Whole Fruit

Thursday, February 22

Entrée

Mouth Watering Mac & Cheese
Offered w/Corn Muffin

Vegetable Sides
(Choose 2)

Steamed Broccoli
Seasoned Pinto Beans

Fruit Sides

(Choose 2)
Chilled Cupped Fruit
Fresh Whole Fruit

Friday, February 23

Entrée

Pizza Crunchers

Vegetable Sides
(Choose 2)

Romaine Garden Salad
Crispy Tater Coins

Fruit Sides

(Choose 2)
Chilled Cupped Fruit
Fresh Whole Fruit

Monday, February 26

Entrée

Chargrilled Beef Patty on Bun
Offered with or without American Cheese

Vegetable Sides
(Choose 2)

Fresh Veggie Cup w/Ranch Dip
Crinkle Cut Oven Fries

Fruit Sides

(Choose 2)
Chilled Cupped Fruit
Fresh Whole Fruit

Tuesday, February 27

Entrée

BBQ Pork Rib Sandwich

Vegetable Sides
(Choose 2)

Southern Style Baked Beans
Golden Sweet Corn

Fruit Sides

(Choose 2)
Chilled Cupped Fruit
Fresh Whole Fruit

Wed., February 28

Entrée

Breakfast for Lunch
French Toast Sticks, Grilled Egg Patty & Sausage

Vegetable Sides
(Choose 2)

Seasoned Diced Potatoes
"Sunset Sip" V-blend Juice

Fruit Sides

(Choose 2)
Cinnamon Baked Apples
Fresh Whole Fruit

YEAR OF THE DOG
2018

The Chinese
New Year
begins with
the new
moon on
February 16.
2018 is the
year of the
Dog.



Portraits of Spectacular Athletes

Winter Olympics
February 9-25
PyeongChang, South Korea

Photo by Brett Wilhelm/ESPN

Snowboarder Chloe Kim won three gold medals at the Winter X Games before she turned 16. She made the U.S. Olympic team in 2014, but at age 13 was too young to compete. Chloe, now 17, returns to her parents' home country of Korea to compete for gold in the 2018 Winter Olympics!

CHLOE KIM

NUTRITION TO GO

One study found that more than half of 7-to-9 year olds picked strawberries as their favorite fruit. A cup of strawberries contains just 50 calories, but delivers 140% of the RDA for vitamin C. Strawberries are the only fruit with seeds on the outside – about 200 seeds per berry!

A QUICK BITE FOR PARENTS