

Menus for February 2018

Lynchburg City Schools
High School Lunch Menus

Happy Valentine's Day

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

Available Daily

PIZZERIA STYLE PIZZA

SPICY OR BREADED CHICKEN BREAST

SANDWICH

GRILLED CHICKEN FILLET SANDWICH

FEATURED ENTRÉE SALAD

COLD DELI SANDWICH

INCLUDED WITH LUNCH

LUNCH ENTRÉE

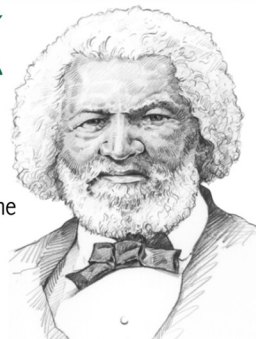
2 SERVINGS OF FRUIT

2 SERVINGS OF VEGETABLES

8 OZ 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.

Featured Specials of the Day

Thursday, February 1

CHICKEN FAJITA ON SOFT TORTILLA & RICE
BACON CHEESEBURGER

B-Y-O BAKED OR FRIED POTATO BAR W/GARLIC BREAD STICKS

Friday, February 2

BUFFALO CHICKEN CHUNKS W/BUTTERMILK BISCUIT
PULLED PORK BBQ ON A BUN

B-Y-O NACHOS OR TACO SALAD BOWL

Monday, February 5

BUFFALO CHICKEN DRUMSTICK W/PARKERHOUSE ROLLS

NEW! CHEESY MEATLOAF BURGER ON KAISER ROLL

B-Y-O NACHOS OR TACO SALAD BOWL

Tuesday, February 6

MACARONI & CHEESE W/BUTTERMILK BISCUIT
HOT HONEY SRIRACHA CHICKEN SUB

STREET TACO TUESDAY

Wednesday, February 7

ASIAN CHICKEN & RICE BOWL W/VEGETABLE EGG ROLL

NEW! HOT TURKEY, BACON & CHEESE SUB

B-Y-O NACHOS OR TACO SALAD BOWL

Thursday, February 8

FISH & SHRIMP PLATE W/CORN MUFFIN
BACON CHEESEBURGER

B-Y-O BAKED OR FRIED POTATO BAR W/GARLIC BREAD STICKS

Friday, February 9

DILL CHICKEN CHUNKS W/BUTTERMILK BISCUIT
HOT CUBAN PORK SANDWICH

B-Y-O NACHOS OR TACO SALAD BOWL

Weekly Grab n' Go Menu

Monday

CHEF SALAD W/CROUTONS & CRACKERS

ALL AMERICAN CLUB SUB

W/L-T-P & FRESH FRUIT OR VEGGIES

SMUCKER'S PBJ & CHEESE CUBES

W/FRESH FRUIT, VEGGIES & SOFT PRETZEL BITES

Tuesday—Soup Day

ALL GRAB N' GO ENTREES

SERVED WITH A CUP OF FRESHLY MADE SOUP

SOUTHWEST CHICKEN SALAD W/TORTILLA CHIPS

HAM & CHEESE SUB W/L-T-P & FRESH FRUIT OR VEGGIES

HUMMUS & CHEESE CUBES

W/SWEET PEPPER STRIPS, CARROTS & TORTILLA CHIPS

Wednesday

ASIAN CHICKEN SALAD W/PITA POINTS

ITALIAN DELI SUB W/L-T-P & FRESH FRUIT OR VEGGIES

FRUIT & YOGURT PARFAIT W/GRANOLA & FRESH FRUIT

Thursday—Soup Day

ALL GRAB N' GO ENTREES

SERVED WITH A CUP OF FRESHLY MADE SOUP

AMERICAN HARVEST SALAD W/GARLIC BREAD STICK

TURKEY & SWISS SUB W/L-T-P & FRESH FRUIT OR VEGGIES

HUMMUS & CHEESE CUBES

W/SWEET PEPPER STRIPS, CUCUMBER & PITA POINTS

Friday

BUFFALO CHICKEN SALAD W/SOFT PRETZEL BITES

MANAGER'S CHOICE DELI SANDWICH

W/L-T-P & FRESH FRUIT OR VEGGIES

SMUCKER'S PBJ & GREEK YOGURT

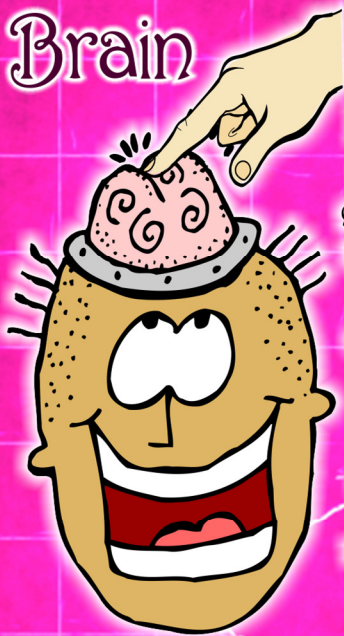
MELTING AWAY.



Dark chocolate may be a healthy snack, but you might not be able to enjoy it forever. Scientists warn that the prime cocoa growing areas of the world (in a narrow belt around the equator) 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!**

Brain



Ticklers

I am the beginning of everything, the end of everywhere, the commencement of eternity, the conclusion of both space and time. What am I?

(Hold the page upside down and read it in a mirror for the answer!)

The first "S"

Featured Specials of the Day

Monday, February 12

SAVORY BAKED CHICKEN w/WG DINNER ROLL

NEW CHEESY MEATLOAF BURGER ON KAISER ROLL

B-Y-O NACHOS OR TACO SALAD BOWL

Tuesday, February 13

SPAGHETTI & MEATBALLS w/GARLIC BREAD STICK

HOT HONEY SRIRACHA CHICKEN SUB

STREET TACO TUESDAY

Wednesday, February 14

SECHWAN CHICKEN & RICE BOWL w/VEGETABLE EGG ROLL

NEW HOT TURKEY, BACON & CHEESE SUB

B-Y-O NACHOS OR TACO SALAD BOWL

Thursday, February 15

CHICKEN FAJITA ON SOFT TORTILLA & RICE

BACON CHEESEBURGER

B-Y-O BAKED OR FRIED POTATO BAR w/GARLIC BREAD STICKS

Friday, February 16

BUFFALO CHICKEN CHUNKS w/BUTTERMILK BISCUIT

PULLED PORK BBQ ON A BUN

B-Y-O NACHOS OR TACO SALAD BOWL

THE A LIST

Top 10 Artists
for the last
week of
January
2018

- 1/Ed Sheeran
 - 2/Imagine Dragons
 - 3/Cardi B
 - 4/Bruno Mars
 - 5/Post Malone
 - 6/Kendrick Lamar
 - 7/Taylor Swift
 - 8/Sam Smith
 - 9/Eminem
 - 10/Halsey
- Source: Billboard

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

Please see reverse for items available daily

Featured Specials of the Day

Monday, February 19

BUFFALO CHICKEN DRUMSTICK w/PARKERHOUSE ROLLS

CHEESY MEATLOAF BURGER ON KAISER ROLL

B-Y-O NACHOS OR TACO SALAD BOWL

Tuesday, February 20

MACARONI & CHEESE w/BUTTERMILK BISCUIT

HOT HONEY SRIRACHA CHICKEN SUB

STREET TACO TUESDAY

Wednesday, February 21

ASIAN CHICKEN & RICE BOWL w/VEGETABLE EGG ROLL

HOT TURKEY, BACON & CHEESE SUB

B-Y-O NACHOS OR TACO SALAD BOWL

Thursday, February 22

FISH & SHRIMP PLATE w/CORN MUFFIN

BACON CHEESEBURGER

B-Y-O BAKED OR FRIED POTATO BAR w/GARLIC BREAD STICKS

Friday, February 23

DILL CHICKEN CHUNKS w/BUTTERMILK BISCUIT

HOT CUBAN PORK SANDWICH

B-Y-O NACHOS OR TACO SALAD BOWL

Monday, February 26

SAVORY BAKED CHICKEN w/WG DINNER ROLL

CHEESY MEATLOAF BURGER ON KAISER ROLL

B-Y-O NACHOS OR TACO SALAD BOWL

Tuesday, February 27

SPAGHETTI & MEATBALLS w/GARLIC BREAD STICK

HOT HONEY SRIRACHA CHICKEN SUB

STREET TACO TUESDAY

Wednesday, January 28

SECHWAN CHICKEN & RICE BOWL w/VEGETABLE EGG ROLL

HOT TURKEY, BACON & CHEESE SUB

B-Y-O NACHOS OR TACO SALAD BOWL

-81 BY THE NUMBERS
THE COLDEST AIR TEMPERATURE (F)
EVER RECORDED IN NORTH AMERICA
AT SNAG, YUKON, IN FEBRUARY 1947