

Menus for January

2014

Welcome to the New Year!

### Lynchburg City Schools Secondary Menu

AVAILABLE DAILY

FULLY STOCKED

SALAD BAR

AND ASSORTED FRUITS

Choice of Milk served with every Meal  
1% Skim White & Fat Free Flavored Milk

Menu Subject to Change

WG = Whole Grain / L-T-O = lettuce, tomato, onion

### Featured Specials of the Day

#### Monday, January 6

Crispy Corn Dog or Fish Sticks w/bakery roll or Meat & Cheese/ WG Bun  
Golden Corn; Cheesy Pinto Beans

#### Tuesday, January 7

Popcorn Chicken or Sliced Ham or Turkey Sub w/Let-Tom-Onion  
Creamy Mashed Potatoes; Fresh Frozen Peas

#### Wednesday, January 8

Assorted Pizza or Chicken Fillet/ WG Bun or Deli-Pepperoni Sub w/L-T-O  
Hot Vegetable of Choice

#### Thursday, January 9

Chicken Fajita /WG Tortilla w/shr. Cheese & Lettuce or Turkey & Cheese  
Sub With L-T-O or Entrée of Choice  
Baked Sweet Potato; Broccoli w/ cheese

#### Friday, January 10

100% Local Beef Burger/ WG Bun or Texas BBQ/ WG Bun or  
Deli Sub w/ L-T-O; Oven Baked French Fries; Hot Vegetable of Choice;

#### Monday, January 13

Hot Dog/ WG Bun with/without chili or Meatballs w/cheese/ WG Bun or  
Assorted Pizza or Sub w/ cheese & L-T-O  
Home-style Baked Beans; Crisp Cole Slaw

#### Tuesday, January 14

Oven Baked Chicken or Sliced Ham w/ Roll or Spicy Chicken Fillet/WG  
Bun; Creamy Mashed Potatoes; Glazed Carrots

#### Wednesday, January 15

Cheesy Pizza Sticks w/ marinara sauce or Grilled Chicken Breast or  
PBJ Sandwich; Hot Vegetable of Choice; /WG Bread

#### Thursday, January 16

Beef Taco/ Soft Shell w/ Cheese & lettuce or Turkey & Cheese Wrap Or  
Spicy Chicken Fillet / WG Bun; Golden Corn; Seasoned Green Beans;  
Frozen Fruit Icee

#### Friday, January 17—Early Dismissal Grab & Go

PBJ Sandwich or Ham & Cheese Sandwich  
Fresh Fruit or Raisins; Fruit/Veggie Juice

# eat fit

wanna stay fit?  
gotta eat right!



*item:*  
pretzels  
*verdict:*  
twisted

*tip:* A twisted snack, indeed. Pretzels have zero fat and some fiber (especially if you eat whole-grain versions). But they're loaded with salt and, once you get your hand in that bag, you can easily eat 500 or more calories in no time. So be aware and try not to eat too many!



Based on one 1-ounce hard pretzel

First things First

# BREAKFAST @SCHOOL

For first-class learning!

## Featured Specials of the Day

### Monday, January 20

School will be closed on Monday, January 20 in honor of Martin Luther King, Jr.'s Birthday



### Tuesday, January 21

No School—Professional Development Day

### Wednesday, January 22

Assorted Pizza Wedges or Cheesy Sticks w/Marinara or Spicy Chicken / WG Bun; Mixed Vegetables; Black-eyed Peas

### Thursday, January 23 "Birthday Lunch"

Chicken Vegetable Soup w/ Toasted Cheese Sandwich or Ham & Cheese Sub w/ L-T-O or Crispy Chicken Fillet/ WG Bun; Crisp Potato Spirals; Happy Birthday Frozen Juice Ice Cup

### Friday, January 24 - Great Menu! 😊

Fresh Made Chicken Salad/ WG Croissant or Turkey Combo Sub w/L-T-O or Entrée of Choice; Fresh Baked Potato; Fresh Broccoli Salad

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Use our on-line website for meal account information and on-line payments.



**mySchoolBucks®**

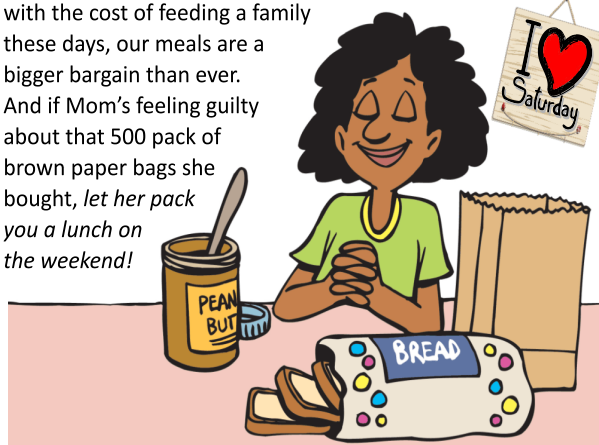
PLEASE SEE REVERSE FOR ITEMS AVAILABLE DAILY

The Chinese New Year begins with the new moon on January 31st.



## If Mom misses the bag, let her use it on the weekend!

Tell Mom to chill -- we've got you covered during the week, with tasty, nutritious meals that are here for you every school day. Tell her that studies show it actually costs more on average to make lunch than to buy lunch at school. In fact, with the cost of feeding a family these days, our meals are a bigger bargain than ever. And if Mom's feeling guilty about that 500 pack of brown paper bags she bought, let her pack you a lunch on the weekend!

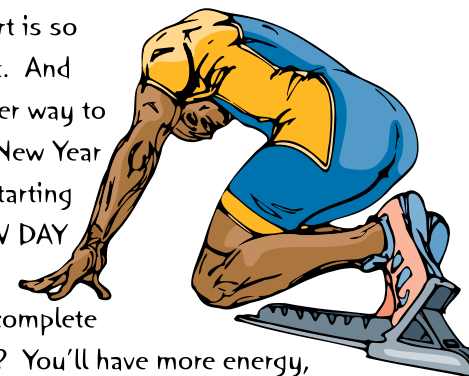


Breakfast **\$1.15** Lunch **\$2.20**

Get in touch with us today to learn more about free and reduced-price meals in our district:  
**Meryl Smith, Director 434-515-5062**

# GREAT STARTS.

A fast start is so important. And what better way to start the New Year than by starting each NEW DAY with a healthy, complete breakfast? You'll have more energy, be more alert, and feel full through the morning!



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

## Featured Specials of the Day

### Monday, January 27

Hot Dog /WG Bun or Meatballs w/ cheese/ WG Bun or Spicy Chicken Fillet/ WG Bun; Home-style Baked Beans; Cole Slaw

### Tuesday, January 28

Grilled Chicken Breast or Sliced Ham or Entrée of Choice  
Mashed Potatoes; Seasoned Green Beans;  
Fresh Baked Wheat Roll

### Wednesday, January 29

Assorted Pizza Slices or Combo Turkey Sub w/L-T-O or Crisp Chicken Fillet/ WG Bun; Hot Vegetable of Choice

### Thursday, January 30

Spaghetti w/ Meat Sauce or Roasted Turkey Slices or Entrée of Choice; Turnip Greens; Fresh Tropical Fruit Salad; Garlic Bread



### Friday, January 31

Local 100% Beef Cheeseburgers/ WG Bun or Chicken Fillet/ WG Bun or Entrée of Choice; French Fries