

Lynchburg City
Schools Secondary
Lunch Menu

**MENUS FOR
JANUARY 2015**

USDA is an equal opportunity provider and 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, January 5

Crisp Corn Dog Or Meatballs in
Cheese Sauce Or Assorted Pizza;
Creamy Sweet Potatoes or Sweet
Potato Fries; Mixed Vegetables;
"Buttered" WG Bread

Tuesday, January 6

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

Wednesday, January 7

Assorted Pizza Wedge Or
Fresh Baked Stromboli Or
Specialty Sandwich w/LTO;
Crisp French Fries
Hot Vegetable of Choice

Thursday, January 8

Beef Chili Beans w/cheese with
Baked "Tostitos" Scoops Or
NEW! *Chicken Quesadilla* Or
Specialty Wrap w/LTO
Golden Corn

Friday, January 9

NEW! *Crispy Fish Bites* Or
Assorted Pizza Wedges Or
Specialty Sandwich w/ LTO;
Pinto Beans; Steamed Broccoli
100% Fruit/Veggie Juice
Free Friday Cookie

Featured Specials of the Day

Monday, January 12

Cheeseburger/ WG Bun Or
Crispy Chicken Fillet/ WG Bun Or
Assorted Pizza;
Crisp Potato Wedges;
Seasoned Green Beans

Tuesday, January 13

Chicken Fajita, Brown Rice Or
Sliced Turkey w/ Gravy Or
Boxed Fresh Chef Salad w/ Crackers
Mixed Vegetables; Golden Corn
Fresh Baked Wheat Roll

Wednesday, January 14

Cheesy Pizza Sticks w/ Marinara Sauce
Or NEW! *Spicy Beef & Bean Burritos*
Or Specialty Sandwich w/ LTO
Crispy Potato Tots
Hot Vegetable of Choice

Thursday, January 15

Spaghetti w/ Meat Sauce Or
Honey BBQ Rib/ WG Bun Or
Specialty Wrap w/ LTO
Turnip Greens
Soft Garlic Breadstick

Friday, January 16

Hot Dog/ WG Bun Or
Meatballs w/ Cheese/ WG Bun
Or Assorted Pizza Wedges;
Home-Style Baked Beans
Crisp French Fries; Crunchy Cole Slaw
100% Fruit/Veggie Juice
Free Friday Cookie

Featured Specials of the Day

Monday, January 19
MLK Jr. Holiday
No School

Tuesday, January 20
 Chicken Fillet/ WG Bun Or
 Texas BBQ/ WG Bun Or
 Boxed Fresh Chef Salad w/ Crackers
 Crisp "Tater Tots"
 Steamed Fresh Cabbage

Wednesday, January 21
 Cheesy Pizza Sticks w/ Marinara Sauce
 Or Fresh Baked Stromboli Or
 Specialty Sandwich w/LTO;
 Crisp French Fries
 Mixed Vegetables

Thursday, January 22
 Fresh Chicken Vegetable Soup with
 Toasted Goldfish Cheese Sandwich Or
 Deli Sandwich;
 Baked Fresh Potato

Friday, January 23
NEW! Crispy Fish Bites Or
 Assorted Pizza Wedges Or
 Specialty Sandwich w/ LTO;
 Creamy Sweet Potatoes;
 Steamed Broccoli
 100% Fruit/Veggie Juice
Free Friday Cookie

SWEET DREAMS.

Most adults need 7-8 hours of sleep a day, but infants need 16 and teens still need at least 9. If you don't get enough sleep several nights in a row, you'll have a "sleep debt" and need to catch up to perform at your best.



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



Trying to cut down on added sugar? You might think that foods like pastry would be a good place to start. And you'd be right. A large cinnamon bun from a national chain has 59 grams of added sugar (double the maximum recommended daily amount). But a 44-oz. fountain soda contains 128 grams -- more than twice as much added sugar as the cinnamon bun!



Featured Specials of the Day

Monday, January 26
 Hot Dog/ WG Bun Or
 Meatballs w/ cheese/ WG Bun Or
 Assorted Pizza;
 Crisp Potato Wedges;
 Crunchy Cole Slaw

Tuesday, January 27
 Chicken Tenders Or
 Turkey and Gravy Or
 Boxed Fresh Chef Salad w/ Crackers
 Mashed Potatoes; Green Beans
 Fresh Baked Wheat Roll

Wednesday, January 28
 Assorted Pizza Wedges
 Or **NEW! Spicy Beef & Bean Burritos**
 Or Turkey/ Cheese Sandwich w/ LTO
 Oven Roasted Red Potatoes &
 Fresh Baby Carrots

Thursday, January 29
 House Made Chicken Salad/
 WG Croissant Or
 Honey BBQ Rib/ WG Bun Or
 Deli Meats/cheese Wrap w/ LTO
 Baked Fresh Sweet Potato
 Broccoli w/ cheese

Friday, January 30
 Turkey Taco/ WG Shell
 w/ cheese, let, tom.
 Or Meatballs w/ Cheese/ WG Bun
 Or Assorted Pizza Wedges;
 Pinto Beans, Golden Corn
 100% Fruit/Veggie Juice
Free Friday Cookie