

Welcome to the New Year!

2016

Menus for January

Lynchburg City Schools—Middle School Menus

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

STUCK.

We're stuck on added sugar, and it sticks us with all kinds of health problems, like obesity, diabetes, tooth decay, heart disease, and much more. Added sugar is everywhere -- in our soda cups, ketchup bottles, cereal boxes, and on our ice cream sticks, too. Know what you're getting into: check your food and drinks for added sugar!

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



LICENSE TO KRILL

Penguins love to gobble krill (tiny shrimp-like creatures), and they also eat squid and fish. Various species of penguins prefer different types of food and hunt at different levels in the water, which reduces competition for food. A penguin chick is fed by both its mother and father until it can hunt for itself.



ANIMAL APPETITES

Monday, January 4

Lunch Entrées
(Choose 1)

Corn Dog Nuggets
Texas Pork BBQ on WG Bun
Chef Salad w/Cheddar Goldfish Crackers

Vegetable Sides
(Choose 2)

Seasoned Pinto Beans
Creamy Cole Slaw
Salad Bar

Fruit Sides
(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Tuesday, January 5

Lunch Entrées
(Choose 1)

Herb Roasted Chicken w/Dinner Roll
Cheeseburger on WG Bun
Jamwich PB&J Combo Meal

Vegetable Sides
(Choose 2)

Green Beans
Mashed Potatoes w/Gravy
Salad Bar w/Lettuce & Sliced Tomato

Fruit Sides
(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Wednesday, January 6

Lunch Entrées
(Choose 1)

Southwest Chili w/Beans & Tortilla Chips
Hot Italian Flatbread Sandwich
Chicken Salad on Fresh Baked Sub Roll

Vegetable Sides
(Choose 2)

Seasoned Potato Wedges
Corn & Edamame Salad
Salad Bar

Fruit Sides
(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Thursday, January 7

Lunch Entrées
(Choose 1)

Chicken Tenders w/Garlic Bread Stick
Beef-A-Roni w/Garlic Bread Stick
Jamwich PB&J Combo Meal

Vegetable Sides
(Choose 2)

Steamed Broccoli Florets
Orange Glazed Carrot Medley
Salad Bar

Fruit Sides
(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Friday, January 8

Lunch Entrées
(Choose 1)

Pizza Slice w/Selection of Toppings
Honey BBQ Rib on WG Bun
American Club Sub

Vegetable Sides
(Choose 2)

Crispy Tater Rounds
Succotash (Limas & Corn)
Salad Bar

Fruit Sides
(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Monday, January 11

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)

Tomato Soup
Southern Baked Beans
Salad Bar

Fruit Sides
(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Tuesday, January 12

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, January 13

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, January 14

Lunch Entrées
(Choose 1)

Spaghetti & Meat Sauce w/Garlic Bread
Potato Crusted Fish Fillet on WG Bun
Jamwich PB&J Combo Meal

Vegetable Sides
(Choose 2)

California Vegetable Medley
Creamy Cole Slaw
Salad Bar

Fruit Sides
(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Friday, January 15

EARLY DISMISSAL (11:35 AM)

Lunch Entrées
(Choose 1)

Turkey & Cheese Sub w/Pretzels
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Fresh Baby Carrots
Crunchy Green Pepper Strips
Amazin' Raisins or Applesauce

Grad-n-Go Breakfast Menus

MONDAY

Flapstick
Chicken Breakfast Slider

TUESDAY

Breakfast Pizza
Pillsbury Mini Pancakes

WEDNESDAY

Flapstick
Sausage Breakfast Slider

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, January 18
MLK Day
No School Today

Tuesday, January 19

No School

Wednesday, January 20

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

Vegetable Sides
(Choose 2)
Seasoned Pinto Beans
Creamy Cole Slaw
Salad Bar

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

Thursday, January 21

Lunch Entrées
(Choose 1)
Chicken Tenders w/Garlic Bread Stick
Beef-A-Roni w/Garlic Bread Stick
Jamwich PB&J Combo Meal

Vegetable Sides
(Choose 2)
Steamed Broccoli Florets
Tender Orange Glazed Carrots
Salad Bar

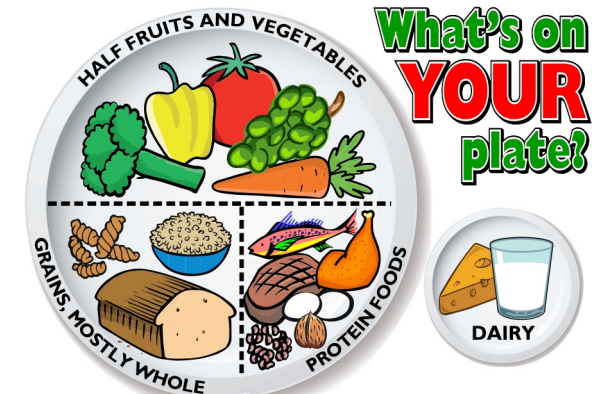
Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Friday, January 22

Lunch Entrées
(Choose 1)
Pizza Slice w/Selection of Toppings
Potato Crusted Fish Fillet on WG Bun
Chicken Salad on Flaky Croissant

Vegetable Sides
(Choose 2)
Crispy Tater Rounds
Succotash (Limas & Corn)
Salad Bar

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



Put me in my place!
Is the tomato a fruit or a vegetable?

Monday, January 25

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)
Tomato Soup
Southern Baked Beans
Salad Bar

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

Tuesday, January 26

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, January 27

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, January 28

Lunch Entrées
(Choose 1)
Spaghetti & Meat Sauce w/Garlic Bread
Chicken Patty on WG Bun
Jamwich PB&J Combo Meal

Vegetable Sides
(Choose 2)
California Vegetable Medley
Creamy Cole Slaw
Salad Bar

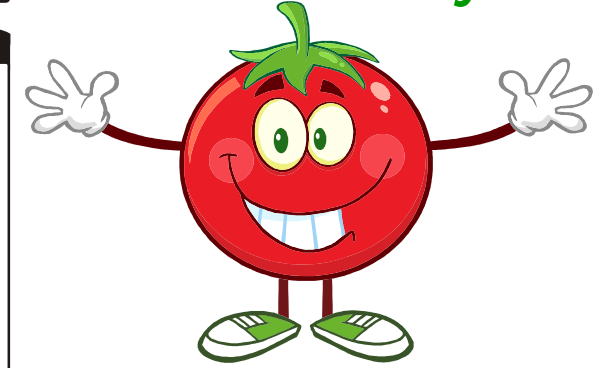
Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Friday, January 29

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



A lot of people think the tomato is a vegetable, but it's really a fruit. An especially "fruity" type of tomato is the grape tomato. Try these little sweeties with dip, in salads, or straight out of the carton!

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

HELP!

We need folks like you to work in our school restaurants. Good hours, great folks, and the chance to prepare and serve meals that help kids stay ready to learn.

Apply on line at www.lcsedu.net

First things First

BREAKFAST @SCHOOL

For first-class learning!

NUTRITION TO GO

Pineapples are picked ripe and do not ripen further after picking. There's no sure way to tell that a whole pineapple is sweet -- although fresh, deep green crown leaves are a good sign. Most grocery stores now carry vacuum-packed pineapples that are already cored and shelled - buying these saves you some work and avoids surprises.

A TASTY MORSEL FOR PARENTS