



Menus for January

Lynchburg City Schools High School Menus

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

Available Daily

Pizzeria Style Pizza

Grilled Chicken Breast Sandwich

Spicy Chicken Breast Sandwich

Breaded Chicken Breast Sandwich

Entrée Salad

Cold Deli Sandwich

Included with Lunch

Lunch Entrée

2 Servings of Fruit

2 Servings of Vegetables

8 oz Milk

Featured Specials of the Day



Welcome Back!
We hope you
enjoyed your break!

Tuesday, January 3

MEATBALL & MOZZARELLA SUB

THREE BEAN CHILI w/TORTILLA CHIPS

B-Y-O POTATO BAR w/WG BISCUIT

Wednesday, January 4

CHICKEN WAFFLE SANDWICH w/MAPLE MAYO

ASIAN CHICKEN & VEG EGG ROLL w/RICE

B-Y-O NACHOS or TACO SALAD BOWL

Thursday, January 5

HOT HAM & CHEESE PANINI

CREAMY MACARONI & CHEESE w/CORN MUFFIN

B-Y-O POTATO BAR w/DINNER ROLL

Friday, January 6

CAROLINA PORK BBQ ON WG BUN

CHICKEN FAJITA w/MEXICAN RICE

B-Y-O NACHOS or TACO SALAD BOWL



Body size, activity level, growth rate, and gender determine how many calories teens should be getting every day. Boys 14-18 years old need 2200 calories a day on average, and girls need an average of 1800. Teens athletes who play a strenuous sport, (soccer, basketball, football, lacrosse, etc.) need more – up to 3500 calories per day for boys and 3000 for girls.



Still the best deal in town!

Breakfast

Lunch

\$1.35 \$2.55

**Get in touch with us today to learn more about free and reduced-price meals in our district:
School Nutrition Office 515-5060**

Weekly Grab N' Go Menu

Monday

CHEF SALAD w/CROUTONS & CRACKERS

ALL AMERICAN CLUB SUB w/FRESH FRUIT OR VEGGIE

SMUCKER'S PBJ UNCRUSTABLE & CHEESE STICK w/SOFT PRETZEL BITES

Tuesday

APPLE CHICKEN SALAD PLATE w/SOFT PRETZEL BITES

APPLE CHICKEN CIABATTA w/FRESH FRUIT OR VEGGIE

HUMMUS & PASTA PROTEIN PACK w/PITA POINTS

Wednesday

ASIAN CHICKEN SALAD w/PITA POINTS

ITALIAN DELI SUB w/FRESH FRUIT OR VEGGIE

FRUIT & YOGURT PARFAIT w/GRANOLA & FRESH FRUIT

Thursday

SOUTHWEST CHICKEN SALAD w/TORTILLA CHIPS

SMOKED TURKEY & SWISS CROISSANT w/FRESH FRUIT OR VEGGIE

HUMMUS & FRUIT PROTEIN PACK w/PITA POINTS

Friday

BUFFALO CHICKEN SALAD w/SOFT PRETZEL BITES

MANAGER'S CHOICE DELI SANDWICH w/FRESH FRUIT OR VEGGIE

GREEK YOGURT & JIF PEANUT BUTTER PROTEIN PACK w/PRETZEL BITES

Featured Specials of the Day

Monday, January 9

STEAK & CHEESE SUB W/AU JUS DIPPING SAUCE
PIZZA DIPPERS W/MARINARA SAUCE
B-Y-O NACHOS OR TACO SALAD BOWL

Tuesday, January 10

DOUBLE DOGS ON WG BUNS
COWBOY STEW W/WG BISCUIT
B-Y-O POTATO BAR W/WG BISCUIT

Wednesday, January 11

GRILLED CHEESE SANDWICH
FISH & SHRIMP PLATE W/CORN MUFFIN
B-Y-O NACHOS OR TACO SALAD BOWL

Thursday, January 12

HOT CUBAN PORK SANDWICH
HARVEST STEW W/WG DINNER ROLL
B-Y-O POTATO BAR W/DINNER ROLL

Friday, January 13

POTATO CRUSTED FISH FILLET ON WG BUN
SZECHWAN CHICKEN W/RICE
B-Y-O NACHOS OR TACO SALAD BOWL

NAME DROPPING

A TRIBE CALLED QUEST, "WHOSE CEREBRAL WORDPLAY, SOCIALLY CONSCIOUS THEMES, AND INTRICATE FUSION OF JAZZ AND OTHER GENRE-BENDING INFLUENCES CHANGED HIP-HOP'S LEXICON FOREVER,"* RECENTLY HAD THEIR FIRST #1 HIT IN 20 YEARS. THE BAND'S NAME WAS APPARENTLY DROPPED ON THEM BY ANOTHER HIP-HOP BAND, BUT NO ONE



SEEMS TO BE SURE EXACTLY WHY!

*FROM THE BAND'S WEB SITE.

Please see reverse for items available daily

Featured Specials of the Day

Monday, January 16

School will be closed on Monday, January 16 in honor of Martin Luther King, Jr.'s Birthday



Tuesday, January 17

MEATBALL & MOZZARELLA SUB
THREE BEAN CHILI W/TORTILLA CHIPS
B-Y-O POTATO BAR W/WG BISCUIT

Wednesday, January 18

CHICKEN WAFFLE SANDWICH W/MAPLE MAYO
ASIAN CHICKEN & VEG EGG ROLL W/RICE
B-Y-O NACHOS OR TACO SALAD BOWL

Thursday, January 19

HOT HAM & CHEESE PANINI
CREAMY MACARONI & CHEESE W/CORN MUFFIN
B-Y-O POTATO BAR W/DINNER ROLL

Friday, January 20

CAROLINA PORK BBQ ON WG BUN
CHICKEN FAJITA W/MEXICAN RICE
B-Y-O NACHOS OR TACO SALAD BOWL

Featured Specials of the Day

Monday, January 23

STEAK & CHEESE SUB W/AU JUS DIPPING SAUCE
PIZZA DIPPERS W/MARINARA SAUCE
B-Y-O NACHOS OR TACO SALAD BOWL

Tuesday, January 24

DOUBLE DOGS ON WG BUNS
COWBOY STEW W/WG BISCUIT
B-Y-O POTATO BAR W/WG BISCUIT

Wednesday, January 25

GRILLED CHEESE SANDWICH
FISH & SHRIMP PLATE W/CORN MUFFIN
B-Y-O NACHOS OR TACO SALAD BOWL

Thursday, January 26

HOT CUBAN PORK SANDWICH
HARVEST STEW W/WG DINNER ROLL
B-Y-O POTATO BAR W/DINNER ROLL

Friday, January 27

POTATO CRUSTED FISH FILLET ON WG BUN
SZECHWAN CHICKEN W/RICE
B-Y-O NACHOS OR TACO SALAD BOWL

Monday, January 30

BACON CHEESEBURGER ON WG BUN
BREADED PORK STEAK W/BISCUIT
B-Y-O NACHOS OR TACO SALAD BOWL

Tuesday, January 31

MEATBALL & MOZZARELLA SUB
THREE BEAN CHILI W/TORTILLA CHIPS
B-Y-O POTATO BAR W/WG BISCUIT

YEAR OF THE ROOSTER

This year, there are TWO New Years in January!

The Chinese New Year begins with the new moon on January 28.

2017 is the Year of the Rooster.



MOVE!

It's in our DNA: the human body is made to MOVE, not to sit still all day, every day. Our earliest ancestors were in

motion daily, looking for food. The more we can make sure we're active and moving, the better our health will be.

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