

# Menus for January

Lynchburg City Schools  
Middle School Menus



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

## Grab n' Go Breakfast

### MONDAYS

Sausage Biscuit  
Pillsbury WG FRUDEL  
WG Pop Tart & Yogurt

### TUESDAYS

Breakfast Pizza  
Pillsbury WG MINI CINNIN  
Yogurt Parfait & Granola

### WEDNESDAYS

Breakfast Chicken Slider  
Pillsbury WG FRUDEL  
WG Muffin & Yogurt

### THURSDAYS

Breakfast Pizza  
Pancake & Sausage Bites  
Yogurt Parfait & Granola

### FRIDAYS

Bacon, Egg & Cheese Sandwich  
Pillsbury WG MINI PANCAKES  
WG Pop Tart & Yogurt

Assorted Cold Cereals &  
Grahams offered daily

Breakfast Includes:  
Breakfast Entrée, Fruit Juice,  
1 Serving of Fruit,  
1% or Fat Free Milk



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



Welcome Back!  
We hope you  
enjoyed your  
break!

### Tuesday, January 3

#### Main Line Entrées (Choose 1)

Pizza Dippers w/Marinara Sauce  
Chicken Salad on Ciabatta Roll  
Cheesy Beef Nachos

#### Vegetable Sides (Choose 2)

Refried Beans w/Salsa & Cheese  
Golden Sweet Corn

#### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

### Wednesday, January 4

#### Main Line Entrées (Choose 1)

Ham, Egg & Cheese English Muffin  
Italian Deli Sub  
Breakfast for Lunch

#### Vegetable Sides (Choose 2)

Seasoned Diced Potatoes  
"Sunset Sip" V-blend Juice

#### Fruit Sides (Choose 1)

Cinnamon Baked Apples  
Fresh Whole Fruit

### Thursday, January 5

#### Main Line Entrées (Choose 1)

Potato Crusted Fish Fillet on WG Bun  
Smoked Turkey & Swiss Croissant  
Spaghetti & Meatballs w/Breadstick

#### Vegetable Sides (Choose 2)

Fresh Broccoli Salad  
California Vegetable Medley

#### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

### Friday, January 6

#### Main Line Entrées (Choose 1)

Cuban Style Ham & Cheese Panini  
Manager's Choice Sandwich  
Pizza Slice w/Selection of Toppings

#### Vegetable Sides (Choose 2)

Campbell's Tomato Soup  
Crinkle Cut Potato Fries

#### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

## Grab n' Go Lunch Menu

### Mondays

Chef Salad w/CROUTONS & CRACKERS  
All American Club Sub  
Hummus Cup Protein Pack

### Tuesdays

Apple Chicken Salad Plate w/SOFT PRETZEL BITES  
Apple Chicken Salad Ciabatta  
JIF Peanut Butter Cup Protein Pack

### Wednesdays

Asian Chicken Salad w/PITA POINTS  
Italian Deli Sub  
Yogurt Cup Protein Pack

### Thursdays

Southwest Chicken Salad w/TORTILLA CHIPS  
Smoked Turkey & Swiss Croissant  
Hummus Cup Protein Pack

### Fridays

Buffalo Chicken Salad w/SOFT PRETZEL BITES  
Smoked Turkey & Swiss Croissant  
JIF Peanut Butter Cup Protein Pack

### Daily

Grilled or Breaded Chicken Sandwich  
Served with Potatoes and Pickle Spear  
PBJ Uncrustable Combo Meal

All Grab n' Go Meals include a minimum 1/2 cup Fruit or Veggie  
Additional Fruits and Vegetables available to meet 1/2 C Fruit and  
3/4 C Veg minimum daily required offering.  
All meals include 8oz Milk.

### Monday, January 9

#### Main Line Entrées (Choose 1)

100% Beef Patty on WG Bun  
Offered with or without American Cheese  
All American Sub w/Deli Pickle  
Breaded Pork Steak w/WG Biscuit

#### Vegetable Sides (Choose 2)

Lima Beans  
Mashed Potatoes & Gravy

#### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

### Tuesday, January 10

#### Main Line Entrées (Choose 1)

Meatball & Mozzarella Sub  
Chicken Salad on Ciabatta Roll  
Taco Salad Bowl

#### Vegetable Sides (Choose 2)

Seasoned Pinto Beans  
Garden Pasta Salad

#### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

### Wednesday, January 11

#### Main Line Entrées (Choose 1)

Hearty Harvest Stew w/Biscuit  
Italian Deli Sub  
Baked Chicken w/Biscuit

#### Vegetable Sides (Choose 2)

Green Beans  
Rosemary Red Skin Potatoes

#### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

### Thursday, January 12

#### Main Line Entrées (Choose 1)

Carolina Style Pork BBQ on WG Bun  
Smoked Turkey & Swiss Croissant  
Mouth Watering Mac & Cheese  
Offered w/Corn Muffin

#### Vegetable Sides (Choose 2)

Steamed Broccoli  
Creamy Cole Slaw

#### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

### Friday, January 13

#### Main Line Entrées (Choose 1)

Shrimp & Fish Plate w/Corn Muffin  
Manager's Choice Sandwich  
Pizza Crunchers

#### Vegetable Sides (Choose 2)

Baby Carrots w/Ranch Dip  
Savory Potato Wedges

#### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

**Monday, January 16**

**Martin Luther King, Jr.**

1929  
1968



1964  
Awarded  
Nobel Peace  
Prize

**No School**

**Tuesday, January 17**

**Main Line Entrées**  
(Choose 1)  
Hot Italian Turkey Panini  
Chicken Salad on Ciabatta Roll  
Cheesy Beef Nachos

**Vegetable Sides**  
(Choose 2)  
Refried Beans w/Salsa & Cheese  
Golden Sweet Corn

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

**Wednesday, January 18**

**Main Line Entrées**  
(Choose 1)  
Ham, Egg & Cheese English Muffin  
Italian Deli Sub  
Breakfast for Lunch

**Vegetable Sides**  
(Choose 2)  
Seasoned Diced Potatoes  
"Sunset Sip" V-blend Juice

**Fruit Sides**  
(Choose 1)  
Cinnamon Baked Apples  
Fresh Whole Fruit

**Thursday, January 19**

**Main Line Entrées**  
(Choose 1)  
Potato Crusted Fish Fillet on WG Bun  
Smoked Turkey & Swiss Croissant  
Spaghetti & Meatballs w/Breadstick

**Vegetable Sides**  
(Choose 2)  
Fresh Broccoli Salad  
California Vegetable Medley

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

**Friday, January 20**

**Main Line Entrées**  
(Choose 1)  
Cuban Style Ham & Cheese Panini  
Manager's Choice Sandwich  
Pizza Slice w/Selection of Toppings

**Vegetable Sides**  
(Choose 2)  
Campbell's Tomato Soup  
Crinkle Cut Potato Fries

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

**Monday, January 23**

**Main Line Entrées**  
(Choose 1)  
100% Beef Patty on WG Bun  
Offered with or without American Cheese  
All American Sub w/Deli Pickle  
Breaded Pork Steak w/WG Biscuit

**Vegetable Sides**  
(Choose 2)  
Lima Beans  
Mashed Potatoes & Gravy

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

**Tuesday, January 24**

**Main Line Entrées**  
(Choose 1)  
Meatball & Mozzarella Sub  
Chicken Salad on Ciabatta Roll  
Taco Salad Bowl

**Vegetable Sides**  
(Choose 2)  
Seasoned Pinto Beans  
Garden Pasta Salad

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

**Wednesday, January 25**

**Main Line Entrées**  
(Choose 1)  
Hearty Harvest Stew w/Biscuit  
Italian Deli Sub  
Baked Chicken w/Biscuit

**Vegetable Sides**  
(Choose 2)  
Green Beans  
Rosemary Red Skin Potatoes

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

**Thursday, January 26**

**Main Line Entrées**  
(Choose 1)  
Carolina Style Pork BBQ on WG Bun  
Smoked Turkey & Swiss Croissant  
Mouth Watering Mac & Cheese  
Offered w/Corn Muffin

**Vegetable Sides**  
(Choose 2)  
Steamed Broccoli  
Creamy Cole Slaw

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

**Friday, January 27**

**Main Line Entrées**  
(Choose 1)  
Shrimp & Fish Plate w/Corn Muffin  
Manager's Choice Sandwich  
Pizza Crunchers

**Vegetable Sides**  
(Choose 2)  
Baby Carrots w/Ranch Dip  
Savory Potato Wedges

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

**Monday, January 30**

**Main Line Entrées**  
(Choose 1)  
100% Beef Patty on WG Bun  
Offered with or without American Cheese  
All American Sub w/Deli Pickle  
Pizza Dippers w/Marinara Sauce

**Vegetable Sides**  
(Choose 2)  
Three Bean Chili  
Crispy Tater Coins

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

**Tuesday, January 31**

**Main Line Entrées**  
(Choose 1)  
Hot Italian Turkey Panini  
Chicken Salad on Ciabatta Roll  
Cheesy Beef Nachos

**Vegetable Sides**  
(Choose 2)  
Refried Beans w/Salsa & Cheese  
Golden Sweet Corn

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

**NUTRITION TO GO**

Boys and girls 4-6 years old should get about 1800 total calories a day from all food and drink sources, while 7-10 year olds should get 2200. At age 11-14, girls should still get about 2200 calories but boys about 2500. Young athletes should get 600-1200 more calories a day, depending on their weight and sport.

**A TASTY MORSEL FOR PARENTS**

**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.



鸡

2017



He's the heavyweight champ, whether he's cooked . . .

**OR RAW!**

He'll give any other food a nutritional body slam, because he's . . .

**THE BROCC**

Can you name the powerful food we're describing and the famous person we're comparing it to?  
(Hold the page upside down and look in a mirror for the answer!)

crabwion and acor dwalue „the Brock“, jomuzoi  
A: The food is broccoli and the person is 13-time pro wrestler  
Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or  
[http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)