

MENUS FOR JANUARY 2018

Lynchburg City Schools High School Lunch Menus

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

AVAILABLE DAILY

PIZZERIA STYLE PIZZA

SPICY OR BREADED CHICKEN BREAST

SANDWICH

GRILLED CHICKEN FILLET SANDWICH

FEATURED 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

Tuesday, January 2

DILLED CHICKEN BREAST FILLET ON KAISER ROLL
STEAK & CHEESE SUB

B-Y-O BAKED OR FRIED POTATO BAR W/GARLIC BREAD STICKS

Wednesday, January 3

SZECHWAN CHICKEN & RICE BOWL W/VEGETABLE EGG ROLL
HOT ITALIAN MEATBALL SUB

B-Y-O NACHOS OR TACO SALAD BOWL

Thursday, January 4

CHICKEN FAJITA ON SOFT TORTILLA & RICE
BACON CHEESEBURGER

B-Y-O BAKED OR FRIED POTATO BAR W/GARLIC BREAD STICKS

Friday, January 5

BUFFALO CHICKEN CHUNKS W/BUTTERMILK BISCUIT
PULLED PORK BBQ ON A BUN

B-Y-O NACHOS OR TACO SALAD BOWL

Monday, January 8

BUFFALO CHICKEN DRUMSTICK W/PARKERHOUSE ROLLS
STEAK & CHEESE SUB

B-Y-O NACHOS OR TACO SALAD BOWL

Tuesday, January 9

MACARONI & CHEESE W/BUTTERMILK BISCUIT
HOT HONEY SRIRACHA CHICKEN SUB

STREET TACO TUESDAY

Wednesday, January 10

ASIAN CHICKEN & RICE BOWL W/VEGETABLE EGG ROLL
HOT ITALIAN MEATBALL SUB

B-Y-O NACHOS OR TACO SALAD BOWL

Thursday, January 11

FISH & SHRIMP PLATE W/CORN MUFFIN
BACON CHEESEBURGER

B-Y-O BAKED OR FRIED POTATO BAR W/GARLIC BREAD STICKS

Friday, January 12

DILL CHICKEN CHUNKS W/BUTTERMILK BISCUIT
HOT CUBAN PORK SANDWICH

B-Y-O NACHOS OR TACO SALAD BOWL

Weekly Grab n' Go Menu

Monday

CHEF SALAD W/CROUTONS & CRACKERS

ALL AMERICAN CLUB SUB
W/L-T-P & FRESH FRUIT OR VEGGIES

SMUCKER'S PBJ & CHEESE CUBES
W/FRESH FRUIT, VEGGIES & SOFT PRETZEL BITES

Tuesday—Soup Day

ALL GRAB N' GO ENTREES

SERVED WITH A CUP OF FRESHLY MADE SOUP

SOUTHWEST CHICKEN SALAD W/TORTILLA CHIPS

HAM & CHEESE SUB W/L-T-P & FRESH FRUIT OR VEGGIES

HUMMUS & CHEESE CUBES

W/SWEET PEPPER STRIPS, CARROTS & TORTILLA CHIPS

Wednesday

ASIAN CHICKEN SALAD W/PITA POINTS

ITALIAN DELI SUB W/L-T-P & FRESH FRUIT OR VEGGIES

FRUIT & YOGURT PARFAIT W/GRANOLA & FRESH FRUIT

Thursday—Soup Day

ALL GRAB N' GO ENTREES

SERVED WITH A CUP OF FRESHLY MADE SOUP

AMERICAN HARVEST SALAD W/GARLIC BREAD STICK

TURKEY & SWISS SUB W/L-T-P & FRESH FRUIT OR VEGGIES

HUMMUS & CHEESE CUBES

W/SWEET PEPPER STRIPS, CUCUMBER & PITA POINTS

Friday

BUFFALO CHICKEN SALAD W/SOFT PRETZEL BITES

MANAGER'S CHOICE DELI SANDWICH

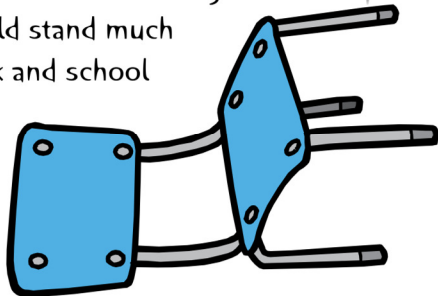
W/L-T-P & FRESH FRUIT OR VEGGIES

SMUCKER'S PBJ & GREEK YOGURT

W/FRESH FRUIT, VEGGIES & SOFT PRETZEL BITES

TAKE A STAND.

On average, adults over 45 sit for over 12 of 16 waking hours. Teens sit for 4.5 hours a day at school – and average another 7 hours of total screen time the rest of the day. Health experts say we should stand much more at work and school and try not to sit for more than 30 minutes at a stretch.



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

Featured Specials of the Day

Monday, January 15

School will be closed on Monday, January 15 in honor of Martin Luther King, Jr.'s Birthday



Tuesday, January 16

SPAGHETTI & MEATBALLS W/GARLIC BREAD STICK
 HOT HONEY SRIRACHA CHICKEN SUB
STREET TACO TUESDAY

Wednesday, January 17

SZECHWAN CHICKEN & RICE BOWL W/VEGETABLE EGG ROLL
 HOT ITALIAN MEATBALL SUB
 B-Y-O NACHOS OR TACO SALAD BOWL

Thursday, January 18

CHICKEN FAJITA ON SOFT TORTILLA & RICE
 BACON CHEESEBURGER
 B-Y-O BAKED OR FRIED POTATO BAR W/GARLIC BREAD STICKS

Friday, January 19

BUFFALO CHICKEN CHUNKS W/BUTTERMILK BISCUIT
 PULLED PORK BBQ ON A BUN
 B-Y-O NACHOS OR TACO SALAD BOWL

Featured Specials of the Day

Monday, January 22

BUFFALO CHICKEN DRUMSTICK
 W/PARKERHOUSE ROLLS
 STEAK & CHEESE SUB
 B-Y-O NACHOS OR TACO SALAD BOWL

Tuesday, January 23

MACARONI & CHEESE W/BUTTERMILK BISCUIT
 HOT HONEY SRIRACHA CHICKEN SUB
STREET TACO TUESDAY

Wednesday, January 24

ASIAN CHICKEN & RICE BOWL W/VEGETABLE EGG ROLL
 HOT ITALIAN MEATBALL SUB
 B-Y-O NACHOS OR TACO SALAD BOWL

Thursday, January 25

FISH & SHRIMP PLATE W/CORN MUFFIN
 BACON CHEESEBURGER
 B-Y-O BAKED OR FRIED POTATO BAR W/GARLIC BREAD STICKS

Friday, January 26

DILL CHICKEN CHUNKS W/BUTTERMILK BISCUIT
 HOT CUBAN PORK SANDWICH
 B-Y-O NACHOS OR TACO SALAD BOWL

Monday, January 29

DILLED CHICKEN BREAST FILLET ON KAISER ROLL
 STEAK & CHEESE SUB
 B-Y-O NACHOS OR TACO SALAD BOWL

Tuesday, January 30

SPAGHETTI & MEATBALLS W/GARLIC BREAD STICK
 HOT HONEY SRIRACHA CHICKEN SUB
STREET TACO TUESDAY

Wednesday, January 31

SZECHWAN CHICKEN & RICE BOWL W/VEGETABLE EGG ROLL
 HOT ITALIAN MEATBALL SUB
 B-Y-O NACHOS OR TACO SALAD BOWL

eat fit

wanna stay fit?

gotta eat right!

item: guacamole

verdict: the dip-to-chip ratio matters

tip: It's football playoff time, leading up to the Super Bowl, and that means you won't be able to avoid guacamole if you try! So don't try!!! Guac is a really healthy snack, full of fiber and nutritious plant fat. Really, it's the chips that get you – so load up



Based on 4 oz. of guac from a national chain

1 New Year = 365 Opportunities

2018

Go for it.