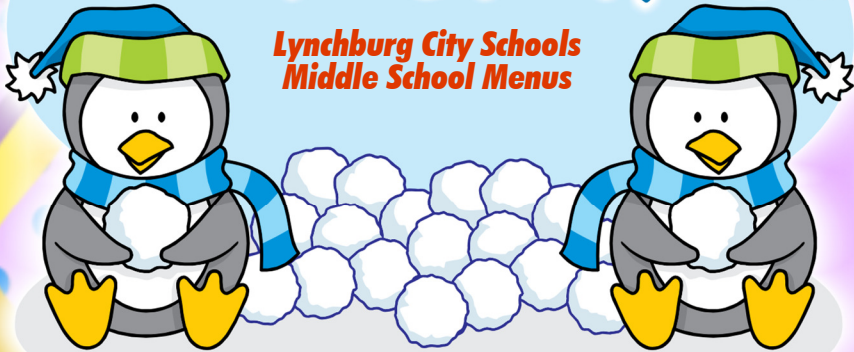


Menus for January 2018

**Lynchburg City Schools
Middle School Menus**



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

Weekly Grab n' Go Menu

Mondays

Chef Salad w/ROUTONS & CRACKERS
Club Sub w/L-T-P & BABY CARROTS-DIP
PB&J w/YOGURT, VANILLA GRAHAMS & BANANA

Tuesdays

Southwest Chicken Salad w/TORTILLA CHIPS
Italian Sub w/L-T-P & GRAPE TOMATOES-DIP
PB&J w/CHEDDAR CUBES, GOLDFISH CRACKERS & APPLESAUCE

Wednesdays

Chicken & Waffle Wednesday
Asian Chicken Salad w/PITA POINTS
Turkey & SWISS Sub w/L-T-P & CELERY STICKS-DIP
PB&J w/YOGURT, VANILLA GRAHAMS & APPLE SLICES

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 requirement
All meals include 8oz Milk

Thursdays

Harvest Chicken Salad w/GARLIC BREADSTICK
Club Sub w/L-T-P & BABY CARROTS-DIP
PB&J w/CHEDDAR CUBES, GOLDFISH CRACKERS & CARROTS

Fridays

Buffalo Chicken Salad w/SOFT PRETZEL BITES
Ham & Cheese Sub w/L-T-P & CUCUMBER SLICES-DIP
PB&J w/CHEDDAR CUBES, PRETZEL BITES & CUCUMBER SLICES

Daily

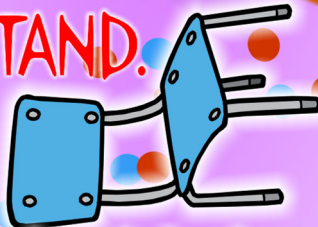
Chicken Sandwich (except Wednesday)
Served with Vegetable of the Day and Pickle Spear
Side Garden Salad



*Happy
New Year
and Welcome
Back!
We hope you
enjoyed your
break!*

TAKE A STAND.

On average, adults over 45 sit for over 12 of 16 waking hours. Kids aged 8-18 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!**

Tuesday, January 2

Main Line Entrées (Choose 1)

Cheesy Beef Nachos
Offered with variety of toppings
Italian Deli Sub w/Deli Pickle
BBQ Pork Rib Sandwich

Vegetable Sides (Choose 2)

Southern Style Baked Beans
Golden Sweet Corn

Fruit Sides (Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Wednesday, January 3

Main Line Entrées (Choose 1)

Breakfast for Lunch
French Toast Sticks, Grilled Egg Patty & Sausage
Turkey & Swiss Sub w/Deli Pickle

Vegetable Sides (Choose 2)

Seasoned Diced Potatoes
"Sunset Sip" V-Blend Juice

Fruit Sides (Choose 1)

Cinnamon Baked Apples
Fresh Whole Fruit

Thursday, January 4

Main Line Entrées (Choose 1)

All Beef Hot Dog on Bun
Offered with or without Chili
All American Sub w/Deli Pickle
Spaghetti & Meatballs w/Breadstick

Vegetable Sides (Choose 2)

Steamed Broccoli
Creamy Cole Slaw

Fruit Sides (Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Friday, January 5

Main Line Entrées (Choose 1)

Crispy Fish Fillet on Bun
Ham & Cheese Sub w/Deli Pickle
Pizza Slice w/Selection of Toppings

Vegetable Sides (Choose 2)

Home Made Turkey & Vegetable Soup
Seasoned Potato Wedges

Fruit Sides (Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Monday, January 8

Main Line Entrées (Choose 1)

Cheeseburger Meatloaf on Bun
All American Sub w/Deli Pickle
Breaded Pork Steak w/Buttermilk Biscuit

Vegetable Sides (Choose 2)

Lima Beans
Mashed Potatoes & Gravy

Fruit Sides (Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Tuesday, January 9

Main Line Entrées (Choose 1)

Taco Salad Bowl
Offered with Variety of Toppings
Italian Deli Sub w/Deli Pickle
Hot Italian Meatball Sub

Vegetable Sides (Choose 2)

Steamed Sweet Green Peas
Golden Sweet Corn

Fruit Sides (Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Wednesday, January 10

Main Line Entrées (Choose 1)

Savory Roasted Chicken w/WG Dinner Roll
Turkey & Swiss Sub w/Deli Pickle
Steak & Cheese Panini

Vegetable Sides (Choose 2)

Green Beans
Rosemary Red Skin Potatoes

Fruit Sides (Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Thursday, January 11

Main Line Entrées (Choose 1)

Mouth Watering Mac & Cheese
Offered w/Corn Muffin
All American Sub w/Deli Pickle
Shrimp & Fish Plate w/Corn Muffin

Vegetable Sides (Choose 2)

Steamed Broccoli
Seasoned Pinto Beans

Fruit Sides (Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Friday, January 12

Main Line Entrées (Choose 1)

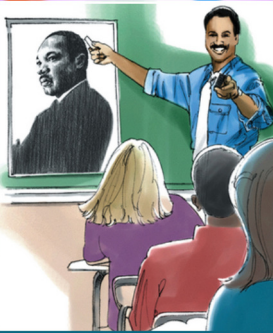
Pizza Crunchers
Ham & Cheese Sub w/Deli Pickle
Carolina Pork BBQ on Bun

Vegetable Sides (Choose 2)

Campbell's Tomato Soup
Crispy Tater Coins

Fruit Sides (Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit



School will be closed Monday, January 15 in recognition of Martin Luther King, Jr.'s birthday.

Tuesday, January 16

Main Line Entrées

(Choose 1)

- Cheesy Beef Nachos
Offered with variety of toppings
- Italian Deli Sub w/Deli Pickle
- BBQ Pork Rib Sandwich

Vegetable Sides

(Choose 2)

- Southern Style Baked Beans
- Golden Sweet Corn

Fruit Sides

(Choose 1)

- Chilled Cupped Fruit
- Fresh Whole Fruit

Wednesday, January 17

Main Line Entrées

(Choose 1)

- Breakfast for Lunch
French Toast Sticks, Grilled Egg Patty & Sausage
- Turkey & Swiss Sub w/Deli Pickle

Vegetable Sides

(Choose 2)

- Seasoned Diced Potatoes
- "Sunset Sip" V-blend Juice

Fruit Sides

(Choose 1)

- Cinnamon Baked Apples
- Fresh Whole Fruit

Thursday, January 18

Main Line Entrées

(Choose 1)

- All Beef Hot Dog on Bun
Offered with or without Chili
- All American Sub w/Deli Pickle
- Spaghetti & Meatballs w/Breadstick

Vegetable Sides

(Choose 2)

- Steamed Broccoli
- Creamy Cole Slaw

Fruit Sides

(Choose 1)

- Chilled Cupped Fruit
- Fresh Whole Fruit

Friday, January 19

Main Line Entrées

(Choose 1)

- Crispy Fish Fillet on Bun
- Ham & Cheese Sub w/Deli Pickle
- Pizza Slice w/Selection of Toppings

Vegetable Sides

(Choose 2)

- Home Made Turkey & Vegetable Soup
- Seasoned Potato Wedges

Fruit Sides

(Choose 1)

- Chilled Cupped Fruit
- Fresh Whole Fruit

NUTRITION TO GO

The "wrap" was born when someone looked at Mexican favorites like the burrito and figured out that you could roll up just about any combo of tasty treats in a tortilla. U.S. tortilla sales, just \$1 billion in 1990, are now \$12 billion per year, including lots of healthier, fiber-rich options. In fact, tortillas are now the most popular bread in America!

A QUICK BITE FOR PARENTS

Monday, January 22

Main Line Entrées

(Choose 1)

- Cheeseburger Meatloaf on Bun
- All American Sub w/Deli Pickle
- Breaded Pork Steak w/Buttermilk Biscuit

Vegetable Sides

(Choose 2)

- Lima Beans
- Mashed Potatoes & Gravy

Fruit Sides

(Choose 1)

- Chilled Cupped Fruit
- Fresh Whole Fruit

Tuesday, January 23

Main Line Entrées

(Choose 1)

- Taco Salad Bowl
Offered with Variety of Toppings
- Italian Deli Sub w/Deli Pickle
- Hot Italian Meatball Sub

Vegetable Sides

(Choose 2)

- Steamed Sweet Green Peas
- Golden Sweet Corn

Fruit Sides

(Choose 1)

- Chilled Cupped Fruit
- Fresh Whole Fruit

Wednesday, January 24

Main Line Entrées

(Choose 1)

- Savory Roasted Chicken w/WG Dinner Roll
- Turkey & Swiss Sub w/Deli Pickle
- Steak & Cheese Panini

Vegetable Sides

(Choose 2)

- Green Beans
- Rosemary Red Skin Potatoes

Fruit Sides

(Choose 1)

- Chilled Cupped Fruit
- Fresh Whole Fruit

Thursday, January 25

Main Line Entrées

(Choose 1)

- Mouth Watering Mac & Cheese
Offered w/Corn Muffin
- All American Sub w/Deli Pickle
- Shrimp & Fish Plate w/Corn Muffin

Vegetable Sides

(Choose 2)

- Steamed Broccoli
- Seasoned Pinto Beans

Fruit Sides

(Choose 1)

- Chilled Cupped Fruit
- Fresh Whole Fruit

Friday, January 26

Main Line Entrées

(Choose 1)

- Pizza Crunchers
- Ham & Cheese Sub w/Deli Pickle
- Carolina Pork BBQ on Bun

Vegetable Sides

(Choose 2)

- Campbell's Tomato Soup
- Crispy Tater Coins

Fruit Sides

(Choose 1)

- Chilled Cupped Fruit
- Fresh Whole Fruit

Monday, January 29

Main Line Entrées

(Choose 1)

- Chargrilled Beef Patty on Bun
Offered with or without American Cheese
- All American Sub w/Deli Pickle
- Fajita Chicken on Soft Taco w/Spanish Rice

Vegetable Sides

(Choose 2)

- Roasted Peppers & Onions
- Crinkle Cut Oven Fries

Fruit Sides

(Choose 1)

- Chilled Cupped Fruit
- Fresh Whole Fruit

Tuesday, January 30

Main Line Entrées

(Choose 1)

- Cheesy Beef Nachos
Offered with variety of toppings
- Italian Deli Sub w/Deli Pickle
- BBQ Pork Rib Sandwich

Vegetable Sides

(Choose 2)

- Southern Style Baked Beans
- Golden Sweet Corn

Fruit Sides

(Choose 1)

- Chilled Cupped Fruit
- Fresh Whole Fruit

Wednesday, January 31

Main Line Entrées

(Choose 1)

- Breakfast for Lunch
French Toast Sticks, Grilled Egg Patty & Sausage
- Turkey & Swiss Sub w/Deli Pickle

Vegetable Sides

(Choose 2)

- Seasoned Diced Potatoes
- "Sunset Sip" V-blend Juice

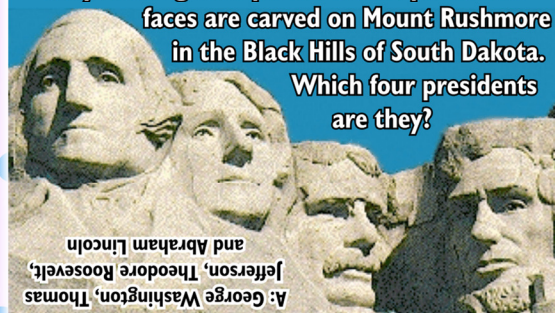
Fruit Sides

(Choose 1)

- Cinnamon Baked Apples
- Fresh Whole Fruit

THE ORIGINAL ROCK STARS

Sixty-foot high sculptures of four presidents' faces are carved on Mount Rushmore in the Black Hills of South Dakota. Which four presidents are they?



A: George Washington, Thomas Jefferson, Theodore Roosevelt, and Abraham Lincoln

Weird SCIENCE

You'll Need:

- ✓ an avocado seed
- ✓ a glass jar
- ✓ 3 toothpicks

Grow an Avocado Tree!

A whole lot of avocados are sold this time of year, because this fruit is the key ingredient in guacamole, a favorite Super Bowl snack. The avocado has a big round seed in the middle that you can grow a tree from!

- Place the rinsed seed (fatter end down) over a water-filled glass with the toothpicks. The water should cover about an inch of the seed.
- Place it in a warm location, out of direct sunlight. The seed will crack, and roots and stem will sprout in about 2-6 weeks.
- When the stem grows to 6 inches or so, cut it half way back. When the stem has leafed out again, plant it in a rich soil, with half of the seed sticking up above the surface.
- Water your avocado house plant generously, but let it dry out somewhat between waterings. The more sunlight your house plant gets, the better.

