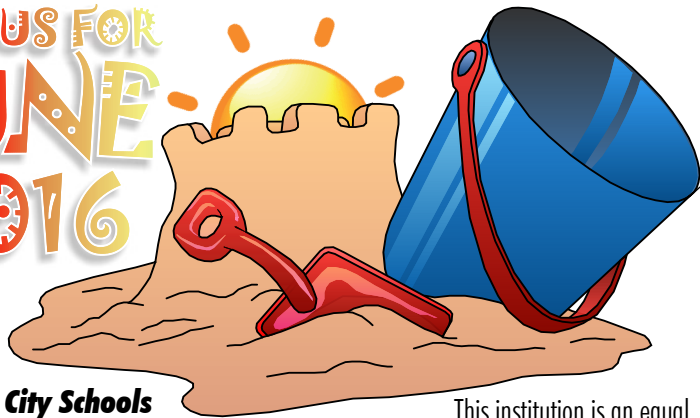


MENUS FOR JUNE 2016



Lynchburg City Schools
Middle School Menus

This institution is an equal opportunity provider. Menus

SPRAY AWAY.

This year, protecting yourself from mosquito bites will be more important than ever. If there are lots of mosquitoes in your area, wear long sleeve shirts and pants whenever possible and use insect repellent on unprotected skin. Visit CDC.gov for lots of other tips and more details.



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

Grab 'n Go Breakfast

MONDAY

Flapstick
Chicken Breakfast Slider

TUESDAY

Breakfast Pizza
W& Muffin & Dannon Yogurt

WEDNESDAY

Flapstick
Cocoa Cherry Breakfast Bar & Yogurt

THURSDAY

Breakfast Pizza
Pillsbury Mini Cinnis

FRIDAY

Flapstick
Bacon, Egg & Cheese Slider

AVAILABLE DAILY

Kellogg's W& Pop Tart & Yogurt
Assorted Cold Cereal

NUTRITION TO GO

In addition to being juicy and delicious, a fresh pear delivers about 4-5 grams of fiber. That's about 20% of the 20-25 grams that nutritionists tell us we should eat every day. Fiber, an often-overlooked key to a healthier diet, is present most plentifully in whole grains, fresh fruits (like pears), vegetables, nuts, seeds, and beans.

A TASTY MORSEL FOR PARENTS

Wednesday, June 1

Lunch Entrées (Choose 1)

MAX Sticks w/Pizza Dipping Sauce
Hot Italian Flatbread Sandwich
Chicken Salad on Fresh Baked Sub Roll

Vegetable Sides (Choose 2)

Orange Glazed Carrots
Corn & Edamame Salad
Salad Bar

Fruit Sides (Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Thursday, June 2

Lunch Entrées (Choose 1)

Philly Cheese Steak Sub
Turkey Taco w/Shredded Cheese
Jamwich PB&J Combo Meal

Vegetable Sides (Choose 2)

Steamed Broccoli Florets
Seasoned Pinto Beans
Salad Bar w/Shredded Lettuce & Salsa

Fruit Sides (Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Friday, June 3

Lunch Entrées (Choose 1)

Pizza Slice w/Selection of Toppings
Breaded Pork Steak on WG Bun
American Club Sub

Vegetable Sides (Choose 2)

Green Beans
Savory Potato Wedges
Salad Bar

Fruit Sides (Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Monday, June 6

Lunch Entrées (Choose 1)

Corn Dog Nuggets
Cheeseburger on WG Bun
Chef Salad w/Cheddar Goldfish Crackers

Vegetable Sides (Choose 2)

Succulent Succotash
Creamy Cole Slaw
Salad Bar w/Lettuce & Sliced Tomato

Fruit Sides (Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Tuesday, June 7

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
V Blend Juice
Salad Bar

Fruit Sides (Choose 1)

Baked Apples
Selection of Cupped & Whole Fruit

Wednesday, June 8

Thursday, June 9

The Menu Items for June 8 and June 9 will be chosen from among your favorites by our nutrition staff. Selections may vary by school. ENJOY!

School Meals
We serve education every day™

*"Two roads diverged in a wood, and I –
I took the one less traveled by,
And that has made all the difference."
– Robert Frost*

Get outside. Keep your eyes open. And enjoy!

We look forward to serving you again next year!

