



MENUS FOR JUNE 2017

Lynchburg City Schools

Middle School Menus

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

Thursday, June 1

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)

Seasoned Pinto Beans
Creamy Cole Slaw

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Friday, June 2

Main Line Entrées

(Choose 1)

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

Vegetable Sides

(Choose 2)

Steamed Sweet Green Peas
Crispy Tater Coins

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Grab n' Go Breakfast

MONDAYS

Sausage Biscuit
Pillsbury WG FRUDEL
WG Pop Tart & Yogurt

TUESDAYS

Breakfast Pizza
Pillsbury WG MINI CINNIS
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
Kellogg's WG MINI
PANCAKES
WG Pop Tart & Yogurt

Assorted Cold Cereals &
Grahams offered daily

Breakfast Includes:
Breakfast Entrée, Fruit Juice,
1 Serving of Fruit & Milk

Monday, June 5

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)

Southern Baked Beans
Seasoned Potato Wedges

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Tuesday, June 6

Main Line Entrées

(Choose 1)

Hot Italian Turkey Panini
Southwest Chicken Ciabatta
Cheesy Beef Nachos

Vegetable Sides

(Choose 2)

California Vegetable Medley
Corn & Edamame Salad

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Wednesday, June 7

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, June 8

Manager's Choice



Today's Menu has been planned especially for you by the cafeteria manager!

WE'RE LOOKING FOR A FEW EXTRA SETS OF HANDS.



A job in your child's school cafeteria allows you to be at home when your family needs you there. Call today for more information!

(434) 515-5060

Grab n' Go Menu

Mondays

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

Tuesdays

Southwest Chicken Salad w/TORTILLA CHIPS
Southwest Chicken Ciabatta
JIF Peanut Butter Cup Protein Pack

Wednesdays

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

Thursdays

Shake Up Chopped Salad w/SOFT PRETZELS
Smoked Turkey & Swiss Croissant
Hummus Cup Protein Pack

Fridays

Buffalo Chicken Salad w/SOFT PRETZEL BITES
Manager's Choice Deli Sandwich
JIF Peanut Butter Cup Protein Pack

Daily

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

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.

NUTRITION TO GO

Try not to reach for soda or other sugary sweet drinks when you're sweltering in the summer heat. A healthy diet should contain very little added sugar, but the average American takes in almost a cup of added sugar every day. And kids often consume more, mostly in drinks - a 20-ounce soda can contain a cup of sugar all by itself!



A TASTY MORSEL FOR PARENTS



Smile. It's summer!
We'll see you next year. Enjoy!

School's Out!

POWER UP
for
Summer Fun!



SUMMER MEALS for KIDS & TEENS

Being served at ten locations
throughout Lynchburg

Open to all children 18 and younger

NO Enrollment, NO Cost!

LOCATION/CONTACT	MEAL TIMES	DATES
BOYS & GIRLS CLUB (Madison St) Christine Goode—846-1111	Breakfast—9:00 AM Lunch—12:00 PM	June 12—August 4 Monday—Friday
BOY'S & GIRLS CLUB (Jefferson Park) Herb Smith—841-8962	Breakfast—9:00 AM Lunch—12:00 PM	June 12—August 4 Monday—Friday
BIRCHWOOD COMMUNITY CENTER Natalie Gaddis—485-7200	Lunch—1:00 PM Snack—4:00 PM	June 12—August 4 Monday—Friday
JOHN HUGHES COMMUNITY CENTER Natalie Gaddis—485-7200	Lunch—1:00 PM Snack—4:00 PM	June 12—August 4 Monday—Friday
LYNCHBURG PUBLIC LIBRARY Beverly Blair—455-6313	Lunch—1:00 PM	June 19—July 28 Monday/Wednesday/Friday
COLLEGE HILL CENTER Jimmy Oliver—847-1418	Lunch—12:30 PM Snack—3 :00 PM	June 19—August 4 Monday—Friday
DANIEL'S HILL CENTER Rory Lee-Washington—847-1396	Breakfast—8:30 AM Lunch—12:30 PM	June 19—August 4 Monday—Friday
DIAMOND HILL CENTER Micky Ferguson—847-1409	Breakfast—8:30 AM Lunch—12:30 PM	June 19—August 4 Monday—Friday
FAIRVIEW CENTER Sue Downs—847-1751	Lunch—12:30 PM Snack—3 :00 PM	June 19—August 4 Monday—Friday
YODER CENTER Arthur Sales—847-1645	Breakfast—8:30 AM Lunch—12:30 PM	June 19—August 4 Monday—Friday

SUMMER LUNCH MENU

MONDAYS

SMUCKER'S PBJ UNCRUSTABLE, CHEESE STICK & GRAHAM CRACKERS
CRISPY CELERY STICKS with RANCH DIP
V BLEND JUICE

TUESDAYS

ITALIAN DELI SUB with DORITOS
SWEET GRAPE TOMATOES
APPLESAUCE

WEDNESDAYS

HAM & CHEESE SANDWICH
FRESH BROCCOLI FLORETS with RANCH DIP
AMAZIN' RAISINS

THURSDAYS

CHEF SALAD with CORN MUFFIN
APPLESAUCE
RICE KRISPIE TREAT

FRIDAYS

TURKEY & CHEESE SUB with DORITOS
CRUNCHY BABY CARROTS with RANCH DIP
RIPS 100% JUICE SLUSHY