

Lynchburg City Schools
Secondary Menu

MARCH
2014

Featured Specials of the Day

Monday, March 3

Assorted Pizza Or **Spicy Chicken Fillet/** WG Bun Or Bacon Cheeseburger w/ Local 100% Beef with Turkey Bacon/ WG Bun; Crispy French Fry Curls;

Tuesday, March 4

Oven Roasted Chicken w/ Wheat Roll Or **Crispy Chicken Fillet/** WG Bun Or Meat & Cheese Sub w/ LTO; Mashed Potatoes; Green Beans;

Wednesday, March 5

"Saucy" Grilled Chicken Breast Or Chef Inspired Entrée Or Pizza Stix w/ Marinara; Fresh Baked Wheat Rolls; Crisp Potato Wedges; Steamed Carrots;

Thursday, March 6

Potato Bar w/ all the Fixin's Or **Crispy Chicken Fillet/** WG Bun; Or Deli Wrap w/ LTO; Chili Beans; Broccoli w/ cheese;

Friday, March 7

Potato Crusted Fish Fillet w/Wheat Roll Or **Spicy Chicken Fillet/** WG Bun Or Assorted Pizza; Golden Corn
Fresh Baked Cookie

Featured Specials of the Day

Monday, March 10

Spicy Chicken Fillet/ WG Bun Or Assorted Pizza Or Hot Dog/ WG Bun w/ Chili; Crisp Cole Slaw; French Fry Curls;

Tuesday, March 11

Crisp Chicken Fillet/ WG Bun Or Crispy Pork Chop Fillet w/ WG Bun Or Deli Wrap w/ LTO; Creamy Macaroni & Cheese; Fresh Fzn. Green Peas

Wednesday, March 12

"Saucy" Grilled Chicken Breast Or Spaghetti Or Pizza Stix w/ Marinara; Garlic Toast; Turnip Greens
Crispy French Fries;
Yogurt Fruit Salad w/ Fresh Chopped Apples

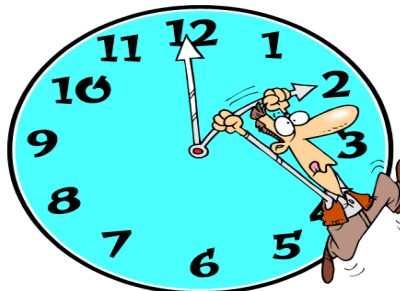
Thursday, March 13

Taco Bar w/ all the Fixin's Or **Spicy Chicken Fillet/** WG Bun Or Deli Sandwich w/LTO; Southwest Beans;

Friday, March 14

Crispy Chicken Fillet w/WG Bun Or Honey BBQ Rib w/ WG Bun or Assorted Pizza; Crisp Potato Wedges; Fresh Carrots Sticks w/ dip; Dragon Juice; Fresh Apples;
Fresh Baked Cookie

**DON'T FORGET TO
SPRING
FORWARD
ON MARCH 9!**



If you Love



You will love our new "Ultimate Chicken Fillet"



Try both the **Hot & Spicy Fillet** and the **Crispy Breaded Fillet**

You have to Taste It—It's the

Ultimate!



Try one with your School Lunch—
Need Another?
Second Fillet is only \$2.00 A la carte!

Available Daily:

**Fully Stocked Salad Bar
And Assorted Fruits**

**Choice of Milk with every Meal
1% Skim White & Flavored**

WG=whole grain / LTO=lettuce, tomato, onion

Menu Subject to Change

Featured Specials of the Day

Monday, March 17

Assorted Pizza Or **Spicy Chicken Fillet**/ WG Bun Or Bacon Cheeseburger w/ Local 100% Beef with Turkey Bacon/ WG Bun; Crispy French Fry Curls,

Tuesday, March 18

Oven Roasted Chicken w/ Wheat Roll Or **Crispy Chicken Fillet**/ WG Bun Or Meat & Cheese Sub w/ LTO; Creamy Macaroni & Cheese; Green Beans;

Wednesday, March 19—Soup Day!



Chicken Vegetable Soup with Toasted Goldfish Cheese Sandwich Or Pizza Stix w/ Marinara Sauce; Or Manager's Choice; Crisp Potato Wedges; Fresh Carrot & Celery Sticks;

Thursday, March 20

Potato Bar w/ all the Fixin's Or **Crispy Chicken Fillet**/ WG Bun; Or Deli Wrap w/ LTO; Chili Beans; Broccoli w/ cheese

Friday, March 21

Potato Crusted Fish Fillet w/Wheat Roll Or **Spicy Chicken Fillet**/ WG Bun Or Assorted Pizza; Golden Corn; **Fresh Baked Cookie**

DON'T LET THIS HAPPEN TO YOU!!!



DESPITE **ACCUMULATING EVIDENCE TO THE CONTRARY**, MELVIN CONTINUED TO DENY THAT HIS DAILY LUNCH OF A MEGA-SODA, PORK RINDS, AND 3 CRUSTY CREME DONUTS HAD AFFECTED HIS COMPLEXION, HIS PERSONALITY, OR HIS **LUCK WITH THE LADIES**.

Use our on-line website for meal account information and on-line payments

www.myschoolbucks.com



mySchoolBucks®

Remember to select from our Fully Stocked Salad & Fruit Bar Every Day.

Delicious Nutrition



Featured Specials of the Day

Monday, March 24

Assorted Pizza Or **Spicy Chicken Fillet**/ WG Bun Or Hot Dog with Chili / WG Bun; Crispy French Fry Curls; Fresh Made Crisp Cole Slaw

Tuesday, March 25

Manager's Choice Entrée Or **Crispy Chicken Fillet**/ WG Bun Or Meat & Cheese Sub w/LTO; Creamy Mashed Potatoes; Green Beans;

Wednesday, March 26— Birthday Lunch

Grilled Chicken Breast w/Alfredo Pasta Or **Fresh Made Chicken Salad** Or Pizza Stix w/ Marinara; Fresh Baked Wheat Rolls; Crisp Potato Wedges; Broccoli w/ cheese **March Happy Birthday Ice Cup**

Thursday, March 27

Taco Bar w/ all the Fixin's Or **Crispy Chicken Fillet**/ WG Bun; Or Deli Wrap w/ LTO; Southwest Beans;

Friday, March 28

Early Dismissal

Assorted Sandwiches—PBJ, Meat & Cheese
Fresh Veggies, Fresh Fruit
Fruit/Veggie 'Dragon' Juice

3/31—PROFESSIONAL DEVELOPMENT DAY

STUDENTS DO NOT ATTEND



Choice of milk served with all complete meals:
Skim & 1% white and fat free flavored milk

100% Fruit Juice is served with every Breakfast.
Cereal is available every day upon request.

"Offer vs. Serve" - Students may decline one item for breakfast and one or two items for lunch if they choose. Prices remain the same whether the full meal is chosen or an item is declined.

Please check with your cafeteria manager or the School Nutrition Office with any dietary concerns.

Menus are subject to change without notice

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