

Lynchburg City Schools
Middle School Menus

MENUS FOR
MARCH 2016

This institution is an equal
opportunity provider
and employer.

Tuesday, March 1

Lunch Entrées

(Choose 1)
Asian Chicken Bites w/Breadstick
Spicy Pork BBQ Rib on WG Bun
Jamwich PB&J Combo Meal

Vegetable Sides

(Choose 2)
Steamed Green Peas
Mashed Potatoes w/Gravy
Salad Bar

Fruit Sides

(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Wednesday, March 2

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)
Campbell's Tomato Soup
Corn & Edamame Salad
Salad Bar

Fruit Sides

(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Thursday, March 3

Lunch Entrées

(Choose 1)
Chicken Tenders w/Breadstick
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, March 4

EARLY DISMISSAL (11:35 AM)

Lunch Entrées

(Choose 1)
Turkey & Cheese Wrap w/Pretzels
Yogurt & Cheese Stick
w/Giant Goldfish Grahams

Lunch Sides

(All Included)
Fresh Baby Carrots
Crunchy Cucumber Slices
Amazon' Raisins or Applesauce

Monday, March 7

Lunch Entrées

(Choose 1)
Chicken Nuggets w/Breadstick
Texas Style Pork BBQ on WG Bun
Chef Salad w/Cheddar Goldfish Crackers

Vegetable Sides

(Choose 2)
Southern Baked Beans
Cole Slaw
Salad Bar

Fruit Sides

(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Tuesday, March 8

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, March 9

Lunch Entrées

(Choose 1)
Cheesy Turkey Nachos
Philly Cheese Steak Sub
Asian Chicken Salad w/Breadstick

Vegetable Sides

(Choose 2)
Golden Sweet Corn
Shoestring Oven Fries
Salad Bar w/Nacho Toppings

Fruit Sides

(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Thursday, March 10

Lunch Entrées

(Choose 1)
Italian Meatball Sub w/Mozzarella Cheese
Toasted Cheese Sandwich
Jamwich PB&J Combo Meal

Vegetable Sides

(Choose 2)
Chicken Vegetable Soup
Savory Potato Wedges
Salad Bar

Fruit Sides

(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Friday, March 11

Lunch Entrée

(Choose 1)
Pizza Slice w/Selection of Toppings
Breaded Chicken Patty on WG Bun
Tuna Salad Sub

Vegetable Sides

(Choose 2)
Steamed Broccoli Florets
Baby Carrots w/Ranch Dip
Salad Bar

Fruit Sides

(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Grab n Go Breakfast

MONDAY

Flapstick

Chicken Breakfast Slider

TUESDAY

Breakfast Pizza

Pillsbury Mini Pancakes

WEDNESDAY

Flapstick

Cocoa Cherry Breakfast Bar

THURSDAY

Breakfast Pizza

Pillsbury Mini Cinnis

FRIDAY

Flapstick

Bacon, Egg & Cheese Slider

AVAILABLE DAILY

Kellogg's WG Pop Tart & Yogurt

Assorted Cold Cereal & Graham

Crackers

Breakfast includes: Entrée, Fruit Juice,
1 Serving of Fruit & 8oz of Milk

wake up!
to
School Breakfast



Join us for
National School Breakfast Week
March 7-11, 2016

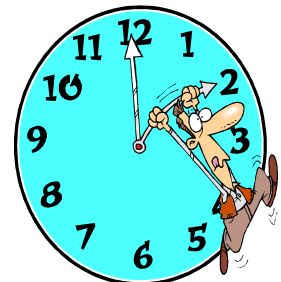
SQUEEZED FOR TIME?

Up to 30% of kids skip
breakfast every school
day. Even if your
mornings are frantic,
you'll feel better all
day and do better in
school, too, if you've
had a balanced,
nutritious breakfast!



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

DON'T FORGET TO
SPRING
FORWARD
ON MARCH 13!



Monday, March 14

Lunch Entrées
(Choose 1)
Corn Dog Nuggets
Cheeseburger on WG Bun
Chef Salad w/Cheddar Goldfish Crackers

Vegetable Sides
(Choose 2)
Succotash (Limas & Corn)
Creamy Cole Slaw
Salad Bar w/Lettuce & Sliced Tomato

Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Tuesday, March 15

Lunch Entrées
(Choose 1)
Asian Chicken Bites w/Breadstick
Spicy Pork BBQ Rib on WG Bun
Jamwich PB&J Combo Meal

Vegetable Sides
(Choose 2)
Steamed Green Peas
Mashed Potatoes w/Gravy
Salad Bar

Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Wednesday, March 16

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)
Campbell's Tomato Soup
Corn & Edamame Salad
Salad Bar

Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Thursday, March 17

Lunch Entrées
(Choose 1)
Chicken Tenders w/Breadstick
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, March 18

Lunch Entrées
(Choose 1)
Pizza Slice w/Selection of Toppings
Potato Crusted Fish Fillet on WG Bun
American Club Sub

Vegetable Sides
(Choose 2)
Savory Potato Wedges
Green Beans
Salad Bar

Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Monday, March 21

Lunch Entrées
(Choose 1)
Chicken Nuggets w/Breadstick
Texas Style Pork BBQ on WG Bun
Chef Salad w/Cheddar Goldfish Crackers

Vegetable Sides
(Choose 2)
Southern Baked Beans
Cole Slaw
Salad Bar

Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Tuesday, March 22

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, March 23

Lunch Entrées
(Choose 1)
Cheesy Turkey Nachos
Philly Cheese Steak Sub
Asian Chicken Salad w/Breadstick

Vegetable Sides
(Choose 2)
Golden Sweet Corn
Shoestring Oven Fries
Salad Bar w/Nacho Toppings

Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Thursday, March 24

Lunch Entrées
(Choose 1)
Italian Meatball Sub w/Mozzarella Cheese
Toasted Cheese Sandwich
Jamwich PB&J Combo Meal

Vegetable Sides
(Choose 2)
Chicken Vegetable Soup
Savory Potato Wedges
Salad Bar

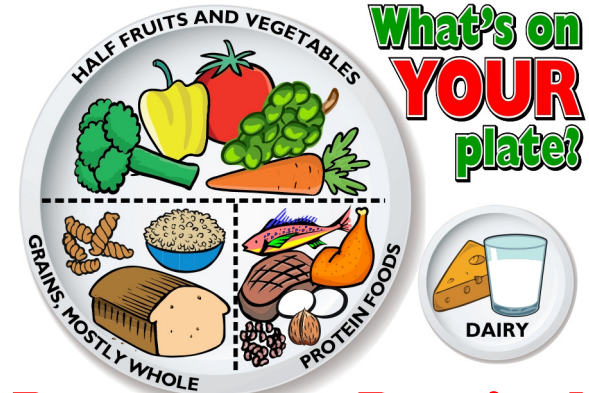
Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Friday, March 25

EARLY DISMISSAL (11:35 AM)

Lunch Entrées
(Choose 1)
Turkey & Cheese Wrap w/Pretzels
Yogurt & Cheese Stick
w/Giant Goldfish Grahams

Lunch Sides
(All Included)
Fresh Baby Carrots
Crunchy Cucumber Slices
Amazin' Raisins or Applesauce



Boost your Burrito!

Burritos made at home or at a Mexican restaurant, should **ALWAYS INCLUDE BEANS!** These tasty little wonders are a nutritional powerhouse, brimming with fiber, protein, and nutrients. For good nutrition, skip on the cheese and load up on the beans!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

NUTRITION TO GO

Stew is any combination of food cooked slowly in simmering liquid. Stew was one of the first forms of cooked food – stew recipes are found in the oldest existing "cookbook." Stew smells amazing when it's slow-cooking, and eating a bowl of hot stew warms us up on a raw and blustery late winter or early spring day, too!

A TASTY MORSEL FOR PARENTS

NO WORRIES

last day of classes:
Friday, March 25

classes resume:
Monday, April 4

SPRING BREAK

