

# Menus for March 2018

**Lynchburg City Schools  
Fort Hill Community School**

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

## EGG-CELLENT.



Ah, the humble, wonderful egg!  
Just 75 or so calories, but with seven grams of high-quality protein, plus iron, vitamins, minerals, and other disease fighting nutrients. Versatile for cooking. Inexpensive. Readily available. Perhaps the perfect food - for breakfast, or any time!

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

**Thursday, March 1**

### Entrée

Breaded Chicken Fillet<sup>on WG Bun</sup>

### Vegetable Sides

(Choose 2)

Steamed Broccoli  
Creamy Cole Slaw

### Fruit Sides

(Choose 2)

Chilled Cupped Fruit  
Fresh Whole Fruit

**Friday, March 2**

### Entrée

Pizza Slice

### Vegetable Sides

(Choose 2)

Romaine Garden Salad  
Seasoned Potato Wedges

### Fruit Sides

(Choose 2)

Chilled Cupped Fruit  
Fresh Whole Fruit

## WEEKLY BREAKFAST MENU

Monday: PopTart & Yogurt

Tuesday: Pillsbury Mini Cinnis

Wed: Breakfast Chicken Slider

Thursday: Blueberry Crumb Cake

Friday: Bacon, Egg & Cheese Slider

Daily: Cereal and Grahams

Breakfast includes: Milk,  
Fruit Juice & 1 Serving of Fruit

**Monday, March 5**

### Entrée

Buffalo Chicken Drumsticks<sup>w/Biscuit</sup>

### Vegetable Sides

(Choose 2)

Lima Beans  
Mashed Potatoes & Gravy

### Fruit Sides

(Choose 2)

Chilled Cupped Fruit  
Fresh Whole Fruit

**Tuesday, March 6**

### Entrée

Hot Cuban Pork Sandwich

### Vegetable Sides

(Choose 2)

Steamed Sweet Green Peas  
Golden Sweet Corn

### Fruit Sides

(Choose 2)

Chilled Cupped Fruit  
Fresh Whole Fruit

**Wednesday, March 7**

### Entrée

Breaded Chicken Fillet<sup>on WG Bun</sup>

### Vegetable Sides

(Choose 2)

Green Beans  
Rosemary Red Skin Potatoes

### Fruit Sides

(Choose 2)

Chilled Cupped Fruit  
Fresh Whole Fruit

**Thursday, March 8**

### Entrée

Mouth Watering Mac & Cheese  
<sup>Offered w/Corn Muffin</sup>

### Vegetable Sides

(Choose 2)

Steamed Broccoli  
Seasoned Pinto Beans

### Fruit Sides

(Choose 2)

Chilled Cupped Fruit  
Fresh Whole Fruit

**Friday, March 9**

### Entrée

Pizza Crunchers

### Vegetable Sides

(Choose 2)

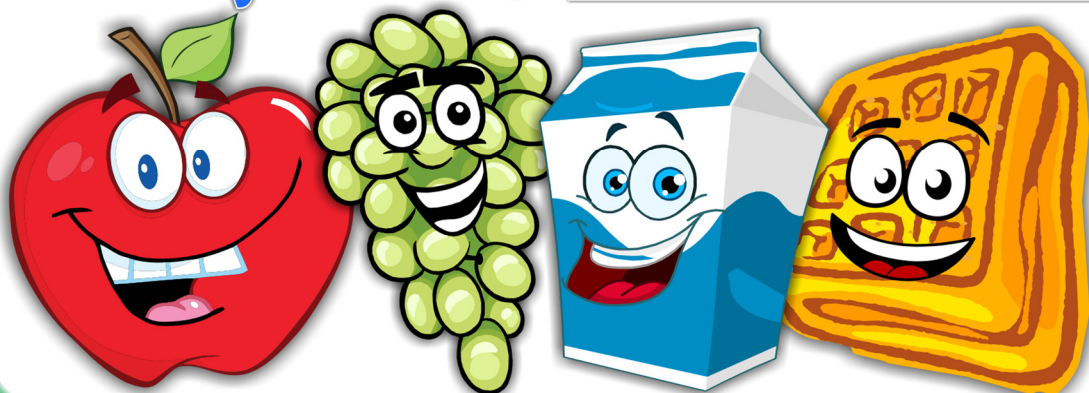
Romaine Garden Salad  
Crispy Tater Coins

### Fruit Sides

(Choose 2)

Chilled Cupped Fruit  
Fresh Whole Fruit

**come join us for Breakfast@School**



## AVAILABLE DAILY

Smuckers PB&J Uncrustable Combo  
Meal

Freshly Prepared Entrée Salad  
served w/Assorted Breads

Lunch Includes:  
Entrée,  
2 Vegetable Sides, 2 Fruit Sides & Milk



**Don't forget to  
set your clocks  
forward one hour  
on Sunday,  
March 11!**



Monday, March 12

**Entrée**

Chargrilled Beef Patty on Bun  
Offered with or without American Cheese

**Vegetable Sides**  
(Choose 2)

Fresh Veggie Cup w/Ranch Dip  
Crinkle Cut Oven Fries

**Fruit Sides**  
(Choose 2)

Chilled Cupped Fruit  
Fresh Whole Fruit

Tuesday, March 13

**Entrée**

BBQ Pork Rib Sandwich

**Vegetable Sides**  
(Choose 2)

Southern Style Baked Beans  
Golden Sweet Corn

**Fruit Sides**  
(Choose 2)

Chilled Cupped Fruit  
Fresh Whole Fruit

Wednesday, March 14

**Entrée**

Breakfast for Lunch  
French Toast Sticks, Grilled Egg Patty & Sausage

**Vegetable Sides**  
(Choose 2)

Seasoned Diced Potatoes  
"Sunset Sip" V-blend Juice

**Fruit Sides**  
(Choose 2)

Cinnamon Baked Apples  
Fresh Whole Fruit

Thursday, March 15

**EARLY DISMISSAL**

**Entrée**

Ham & Cheese Sandwich

**Vegetable Sides**  
(Choose 2)

Crunchy Baby Carrots  
Crispy Tater Coins

**Fruit Sides**  
(Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

Friday, March 16

*No School Today*



*Professional Day  
for Our Teachers*



What's on  
**YOUR**  
plate?

**Q: How do you turn  
soup to gold?**



**A: Put 14 carrots in it!**

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or  
[http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, March 19

**Entrée**

Buffalo Chicken Drumsticks w/Biscuit

**Vegetable Sides**  
(Choose 2)

Lima Beans  
Mashed Potatoes & Gravy

**Fruit Sides**  
(Choose 2)

Chilled Cupped Fruit  
Fresh Whole Fruit

Tuesday, March 20

**Entrée**

Hot Cuban Pork Sandwich

**Vegetable Sides**  
(Choose 2)

Steamed Sweet Green Peas  
Golden Sweet Corn

**Fruit Sides**  
(Choose 2)

Chilled Cupped Fruit  
Fresh Whole Fruit

Wednesday, March 21

**Entrée**

Breaded Chicken Fillet on WG Bun

**Vegetable Sides**  
(Choose 2)

Green Beans  
Rosemary Red Skin Potatoes

**Fruit Sides**  
(Choose 2)

Chilled Cupped Fruit  
Fresh Whole Fruit

Thursday, March 22

**Entrée**

Mouth Watering Mac & Cheese  
Offered w/Corn Muffin

**Vegetable Sides**  
(Choose 2)

Steamed Broccoli  
Seasoned Pinto Beans

**Fruit Sides**  
(Choose 2)

Chilled Cupped Fruit  
Fresh Whole Fruit

Friday, March 23

**Entrée**

Pizza Crunchers

**Vegetable Sides**  
(Choose 2)

Romaine Garden Salad  
Crispy Tater Coins

**Fruit Sides**  
(Choose 2)

Chilled Cupped Fruit  
Fresh Whole Fruit

Monday, March 26

**Entrée**

Chargrilled Beef Patty on Bun  
Offered with or without American Cheese

**Vegetable Sides**  
(Choose 2)

Fresh Veggie Cup w/Ranch Dip  
Crinkle Cut Oven Fries

**Fruit Sides**  
(Choose 2)

Chilled Cupped Fruit  
Fresh Whole Fruit

Tuesday, March 27

**Entrée**

BBQ Pork Rib Sandwich

**Vegetable Sides**  
(Choose 2)

Southern Style Baked Beans  
Golden Sweet Corn

**Fruit Sides**  
(Choose 2)

Chilled Cupped Fruit  
Fresh Whole Fruit

Wednesday, March 28

**Entrée**

Breakfast for Lunch  
French Toast Sticks, Grilled Egg Patty & Sausage

**Vegetable Sides**  
(Choose 2)

Seasoned Diced Potatoes  
"Sunset Sip" V-blend Juice

**Fruit Sides**  
(Choose 2)

Cinnamon Baked Apples  
Fresh Whole Fruit

Thursday, March 29

**Entrée**

Breaded Chicken Fillet on WG Bun

**Vegetable Sides**  
(Choose 2)

Steamed Broccoli  
Creamy Cole Slaw

**Fruit Sides**  
(Choose 2)

Chilled Cupped Fruit  
Fresh Whole Fruit

Friday, March 30

**Entrée**

Pizza Slice

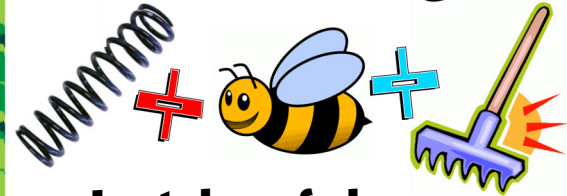
**Vegetable Sides**  
(Choose 2)

Romaine Garden Salad  
Seasoned Potato Wedges

**Fruit Sides**  
(Choose 2)

Chilled Cupped Fruit  
Fresh Whole Fruit

Together, they add up to **FUN!**



**Last day of classes:**

**Friday, March 30**

**Classes resume:**

**Monday, April 9**