

MENUS FOR MARCH 2018

Lynchburg City Schools High School Lunch Menus

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

Available Daily

PIZZERIA STYLE PIZZA
SPICY OR BREADED CHICKEN BREAST
SANDWICH
GRILLED CHICKEN FILLET SANDWICH
FEATURED ENTRÉE SALAD
COLD DELI SANDWICH

INCLUDED WITH LUNCH
LUNCH ENTRÉE
2 SERVINGS OF FRUIT
2 SERVINGS OF VEGETABLES
8 OZ MILK

Featured Specials of the Day

Thursday, March 1

CHICKEN FAJITA ON SOFT TORTILLA & RICE
BACON CHEESEBURGER

B-Y-O BAKED OR FRIED POTATO BAR W/GARLIC BREAD STICKS

Friday, March 2

BUFFALO CHICKEN CHUNKS W/BUTTERMILK BISCUIT

PULLED PORK BBQ ON A BUN

B-Y-O NACHOS OR TACO SALAD BOWL

Monday, March 5

BUFFALO CHICKEN DRUMSTICK W/PARKERHOUSE ROLLS

DOUBLE MEATLOAF CHEESEBURGER ON KAISER ROLL

B-Y-O NACHOS OR TACO SALAD BOWL

Tuesday, March 6

MACARONI & CHEESE W/BUTTERMILK BISCUIT

HOT HONEY SRIRACHA CHICKEN SUB

STREET TACO TUESDAY

Wednesday, March 7

ASIAN CHICKEN & RICE BOWL W/VEGETABLE EGG ROLL

HOT TURKEY, BACON & CHEESE SUB

B-Y-O NACHOS OR TACO SALAD BOWL

Thursday, March 8

FISH & SHRIMP PLATE W/CORN MUFFIN

BACON CHEESEBURGER

B-Y-O BAKED OR FRIED POTATO BAR W/GARLIC BREAD STICKS

Friday, March 9

DILL CHICKEN CHUNKS W/BUTTERMILK BISCUIT

HOT CUBAN PORK SANDWICH

B-Y-O NACHOS OR TACO SALAD BOWL



pulchritudinous

How's this for an ugly word to describe something good looking?

"Pulchritudinous" means

"beautiful" or "attractive", but be careful how you use it – the object of your compliment might think you're insulting them!

SCHOOL Do 'Em Daily! MEALS

Weekly Grab n' Go Menu

Monday

CHEF SALAD W/CROUTONS & CRACKERS

ALL AMERICAN CLUB SUB

W/L-T-P & FRESH FRUIT OR VEGGIES

SMUCKER'S PBJ & CHEESE CUBES

W/FRESH FRUIT, VEGGIES & SOFT PRETZEL BITES

Tuesday—Soup Day

ALL GRAB N' GO ENTREES

SERVED WITH A CUP OF FRESHLY MADE SOUP

SOUTHWEST CHICKEN SALAD W/TORTILLA CHIPS

HAM & CHEESE SUB W/L-T-P & FRESH FRUIT OR VEGGIES

HUMMUS & CHEESE CUBES

W/SWEET PEPPER STRIPS, CARROTS & TORTILLA CHIPS

Wednesday

ASIAN CHICKEN SALAD W/PITA POINTS

ITALIAN DELI SUB W/L-T-P & FRESH FRUIT OR VEGGIES

FRUIT & YOGURT PARFAIT W/GRANOLA & FRESH FRUIT

Thursday—Soup Day

ALL GRAB N' GO ENTREES

SERVED WITH A CUP OF FRESHLY MADE SOUP

AMERICAN HARVEST SALAD W/GARLIC BREAD STICK

TURKEY & SWISS SUB W/L-T-P & FRESH FRUIT OR VEGGIES

HUMMUS & CHEESE CUBES

W/SWEET PEPPER STRIPS, CUCUMBER & PITA POINTS

Friday

BUFFALO CHICKEN SALAD W/SOFT PRETZEL BITES

MANAGER'S CHOICE DELI SANDWICH

W/L-T-P & FRESH FRUIT OR VEGGIES

SMUCKER'S PBJ & GREEK YOGURT

W/FRESH FRUIT, VEGGIES & SOFT PRETZEL BITES

Featured Specials of the Day

Monday, March 12

SAVORY BAKED CHICKEN w/WG DINNER ROLL
CHEESY MEATLOAF BURGER ON KAISER ROLL
B-Y-O NACHOS or TACO SALAD BOWL

Tuesday, March 13

SPAGHETTI & MEATBALLS w/GARLIC BREAD STICK
HOT HONEY SRIRACHA CHICKEN SUB

STREET TACO TUESDAY

Wednesday, March 14

SZECHWAN CHICKEN & RICE BOWL w/VEGETABLE EGG ROLL
HOT TURKEY, BACON & CHEESE SUB
B-Y-O NACHOS or TACO SALAD BOWL

Thursday, March 15

CHICKEN FAJITA ON SOFT TORTILLA & RICE
BACON CHEESEBURGER

B-Y-O BAKED or FRIED POTATO BAR w/GARLIC BREAD STICKS

Friday, March 16

BUFFALO CHICKEN CHUNKS w/BUTTERMILK BISCUIT
PULLED PORK BBQ ON A BUN
B-Y-O NACHOS or TACO SALAD BOWL

Kissing the **Blarney Stone** at the ruins of Blarney Castle in Ireland is said to give you "the gift of gab" — the ability to talk sweetly, convincingly, and endlessly! Happy **St. Patrick's Day**, March 17!

Blarney Castle

Defacto/CC BY-SA 4.0

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!

Featured Specials of the Day

Monday, March 19

BUFFALO CHICKEN DRUMSTICK w/PARKERHOUSE ROLLS
DOUBLE MEATLOAF CHEESEBURGER ON KAISER ROLL
B-Y-O NACHOS or TACO SALAD BOWL

Tuesday, March 20

MACARONI & CHEESE w/BUTTERMILK BISCUIT
HOT HONEY SRIRACHA CHICKEN SUB
STREET TACO TUESDAY

Wednesday, March 21

ASIAN CHICKEN & RICE BOWL w/VEGETABLE EGG ROLL
HOT TURKEY, BACON & CHEESE SUB
B-Y-O NACHOS or TACO SALAD BOWL

Thursday, March 22

FISH & SHRIMP PLATE w/CORN MUFFIN
BACON CHEESEBURGER
B-Y-O BAKED or FRIED POTATO BAR w/GARLIC BREAD STICKS

Friday, March 23

DILL CHICKEN CHUNKS w/BUTTERMILK BISCUIT
HOT CUBAN PORK SANDWICH
B-Y-O NACHOS or TACO SALAD BOWL

Featured Specials of the Day

Monday, March 26

SAVORY BAKED CHICKEN w/WG DINNER ROLL
CHEESY MEATLOAF BURGER ON KAISER ROLL
B-Y-O NACHOS or TACO SALAD BOWL

Tuesday, March 27

SPAGHETTI & MEATBALLS w/GARLIC BREAD STICK
HOT HONEY SRIRACHA CHICKEN SUB

STREET TACO TUESDAY

Wednesday, March 28

SZECHWAN CHICKEN & RICE BOWL w/VEGETABLE EGG ROLL
HOT TURKEY, BACON & CHEESE SUB
B-Y-O NACHOS or TACO SALAD BOWL

Thursday, March 29

CHICKEN FAJITA ON SOFT TORTILLA & RICE
BACON CHEESEBURGER

B-Y-O BAKED or FRIED POTATO BAR w/GARLIC BREAD STICKS

Friday, March 30

BUFFALO CHICKEN CHUNKS w/BUTTERMILK BISCUIT
PULLED PORK BBQ ON A BUN
B-Y-O NACHOS or TACO SALAD BOWL

Now Appearing ...

SPRING BREAK!

SPECIAL LIMITED ENGAGEMENT!

Break begins at the end of classes:

Friday, March 30

Classes resume:

Monday, April 9