

Menus for March 2018

Lynchburg City Schools Middle School Lunch Menus

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

Main Line Entrées

(Choose 1)

All Beef Hot Dog on Bun
Offered with or without Chili
All American Sub w/Deli Pickle
Spaghetti & Meatballs w/Breadstick

Vegetable Sides

(Choose 2)

Steamed Broccoli
Creamy Cole Slaw

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Friday, March 2

Main Line Entrées

(Choose 1)

Crispy Fish Fillet on Bun
Ham & Cheese Sub w/Deli Pickle
Pizza Slice w/Selection of Toppings

Vegetable Sides

(Choose 2)

Home Made Turkey & Vegetable Soup
Seasoned Potato Wedges

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Grab n' Go Lunch

Mondays

Chef Salad w/CROUTONS & CRACKERS
Club Sub w/L-T-P & BABY CARROTS-DIP
PB&J w/YOGURT, VANILLA GRAHAMS & BANANA

Tuesdays

Southwest Chicken Salad w/TORTILLA CHIPS
Italian Sub w/L-T-P & GRAPE TOMATOES-DIP
PB&J w/CHEDDAR CUBES, GOLDFISH CRACKERS & APPLESAUCE

Wednesdays

Chicken & Waffle Wednesday
Asian Chicken Salad w/PITA POINTS
Turkey & Swiss Sub w/L-T-P & CELERY STICKS-DIP
PB&J w/YOGURT, VANILLA GRAHAMS & APPLE SLICES

Thursdays

Harvest Chicken Salad w/GARLIC BREADSTICK
Club Sub w/L-T-P & BABY CARROTS-DIP
PB&J w/CHEDDAR CUBES, GOLDFISH CRACKERS & CARROTS

Fridays

Buffalo Chicken Salad w/SOFT PRETZEL BITES
Ham & Cheese Sub w/L-T-P & CUCUMBER SLICES-DIP
PB&J w/CHEDDAR CUBES, PRETZEL BITES & CUCUMBER SLICES

Daily

Chicken Sandwich (except Wednesday)
Served with Vegetable of the Day and Pickle Spear
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 requirement

Monday, March 5

Main Line Entrées

(Choose 1)

Cheeseburger Meatloaf on Bun
All American Sub w/Deli Pickle
NEW! Buffalo Chicken Drumstick w/Biscuit

Vegetable Sides

(Choose 2)

Lima Beans
Mashed Potatoes & Gravy

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Tuesday, March 6

Main Line Entrées

(Choose 1)

Taco Salad Bowl
Offered with Variety of Toppings
Italian Deli Sub w/Deli Pickle
Hot Cuban Sandwich

Vegetable Sides

(Choose 2)

Steamed Sweet Green Peas
Golden Sweet Corn

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Wednesday, March 7

Main Line Entrées

(Choose 1)

Savory Roasted Chicken w/WG Dinner Roll
Turkey & Swiss Sub w/Deli Pickle
Steak & Cheese Panini

Vegetable Sides

(Choose 2)

Green Beans
Rosemary Red Skin Potatoes

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Thursday, March 8

Main Line Entrées

(Choose 1)

Mouth Watering Mac & Cheese
Offered w/Corn Muffin
All American Sub w/Deli Pickle
Shrimp & Fish Plate w/Corn Muffin

Vegetable Sides

(Choose 2)

Steamed Broccoli
Seasoned Pinto Beans

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Friday, March 9

Main Line Entrées

(Choose 1)

Pizza Crunchers
Ham & Cheese Sub w/Deli Pickle
Carolina Pork BBQ on Bun

Vegetable Sides

(Choose 2)

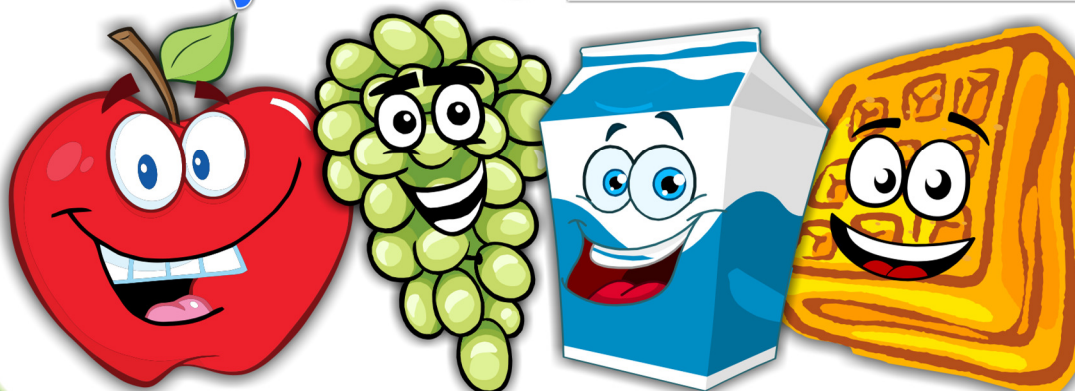
Campbell's Tomato Soup
Crispy Tater Coins

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

come join us for Breakfast@School



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

Monday, March 12

Main Line Entrées

(Choose 1)

Chargrilled Beef Patty on Bun
Offered with or without American Cheese
All American Sub w/Deli Pickle
Fajita Chicken on Soft Taco w/Spanish Rice

Vegetable Sides

(Choose 2)

Roasted Peppers & Onions
Crinkle Cut Oven Fries

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Tuesday, March 13

Main Line Entrées

(Choose 1)

Cheesy Beef Nachos
Offered with variety of toppings
Italian Deli Sub w/Deli Pickle
BBQ Pork Rib Sandwich

Vegetable Sides

(Choose 2)

Southern Style Baked Beans
Golden Sweet Corn

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Wednesday, March 14

Main Line Entrées

(Choose 1)

Breakfast for Lunch
French Toast Sticks, Grilled Egg Patty & Sausage
Turkey & Swiss Sub w/Deli Pickle

Vegetable Sides

(Choose 2)

Seasoned Diced Potatoes
"Sunset Sip" V-blend Juice

Fruit Sides

(Choose 1)

Cinnamon Baked Apples
Fresh Whole Fruit

Thursday, March 15

EARLY DISMISSAL

Main Line Entrées

(Choose 1)

Pizza Crunchers
Ham & Cheese Sub

Vegetable Sides

(Choose 2)

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 or
http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, March 19

Main Line Entrées

(Choose 1)

Cheeseburger Meatloaf on Bun
All American Sub w/Deli Pickle
Buffalo Chicken Drumstick w/Biscuit

Vegetable Sides

(Choose 2)

Lima Beans
Mashed Potatoes & Gravy

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Tuesday, March 20

Main Line Entrées

(Choose 1)

Taco Salad Bowl
Offered with Variety of Toppings
Italian Deli Sub w/Deli Pickle
Hot Cuban Sandwich

Vegetable Sides

(Choose 2)

Steamed Sweet Green Peas
Golden Sweet Corn

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Wednesday, March 21

Main Line Entrées

(Choose 1)

Savory Roasted Chicken w/WG Dinner Roll
Turkey & Swiss Sub w/Deli Pickle
Steak & Cheese Panini

Vegetable Sides

(Choose 2)

Green Beans
Rosemary Red Skin Potatoes

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Thursday, March 22

Main Line Entrées

(Choose 1)

Mouth Watering Mac & Cheese
Offered w/Corn Muffin
All American Sub w/Deli Pickle
Shrimp & Fish Plate w/Corn Muffin

Vegetable Sides

(Choose 2)

Steamed Broccoli
Seasoned Pinto Beans

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Friday, March 23

Main Line Entrées

(Choose 1)

Pizza Crunchers
Ham & Cheese Sub w/Deli Pickle
Carolina Pork BBQ on Bun

Vegetable Sides

(Choose 2)

Campbell's Tomato Soup
Crispy Tater Coins

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Monday, March 26

Main Line Entrées

(Choose 1)

Chargrilled Beef Patty on Bun
Offered with or without American Cheese
All American Sub w/Deli Pickle
Fajita Chicken on Soft Taco w/Spanish Rice

Vegetable Sides

(Choose 2)

Roasted Peppers & Onions
Crinkle Cut Oven Fries

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Tuesday, March 27

Main Line Entrées

(Choose 1)

Cheesy Beef Nachos
Offered with variety of toppings
Italian Deli Sub w/Deli Pickle
BBQ Pork Rib Sandwich

Vegetable Sides

(Choose 2)

Southern Style Baked Beans
Golden Sweet Corn

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Wednesday, March 28

Main Line Entrées

(Choose 1)

Breakfast for Lunch
French Toast Sticks, Grilled Egg Patty & Sausage
Turkey & Swiss Sub w/Deli Pickle

Vegetable Sides

(Choose 2)

Seasoned Diced Potatoes
"Sunset Sip" V-blend Juice

Fruit Sides

(Choose 1)

Cinnamon Baked Apples
Fresh Whole Fruit

Thursday, March 29

Main Line Entrées

(Choose 1)

All Beef Hot Dog on Bun
Offered with or without Chili
All American Sub w/Deli Pickle
Spaghetti & Meatballs w/Breadstick

Vegetable Sides

(Choose 2)

Steamed Broccoli
Creamy Cole Slaw

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Friday, March 30

Main Line Entrées

(Choose 1)

Crispy Fish Fillet on Bun
Ham & Cheese Sub w/Deli Pickle
Pizza Slice w/Selection of Toppings

Vegetable Sides

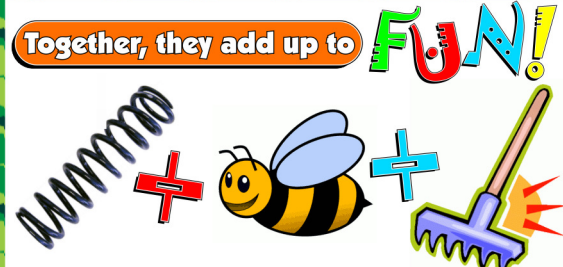
(Choose 2)

Home Made Turkey & Vegetable Soup
Seasoned Potato Wedges

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit



**Last day of classes:
Friday, March 30**

**Classes resume:
Monday, April 9**