

# Menus for May 2016

## Lynchburg City Schools High School Menus

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



### Available Daily

#### ENTRÉE

PIZZERIA STYLE PIZZA  
DAILY SALAD SPECIAL

#### VEGETABLE

Fresh Garden Salad Bar

#### FRUIT

Seasonal Fresh Whole Fruit  
Selection of Cupped Fruit

#### GARNISH

included with sandwich

Lettuce, Sliced Tomato & Pickle

**FAT FREE or 1% MILK**

## Menus for May 2 thru 6 & May 16 thru 20

### Have it Your Way Station

Subs & Nachos with all the fixings

#### Monday

BEEF & CHEESE NACHOS  
BEEF SOFT TACO w/Baked Scoops & Salsa

#### Offered With

Seasoned Potato Wedges  
Veggie and Fruit Bar

#### Tuesday

AMERICAN CLUB SUB  
TURKEY & SWISS SUB

#### Offered With

Crispy Tater Rounds  
Veggie and Fruit Bar

#### Wednesday

BEEF & CHEESE NACHOS  
BEEF SOFT TACO w/Baked Scoops & Salsa

#### Offered With

Seasoned Potato Wedges  
Veggie and Fruit Bar

#### Thursday

FRESHLY MADE CHICKEN or TUNA SALAD  
SERVED ON FRESH BAKED ROLL

#### Offered With

Seasoned Curly Fries  
Veggie and Fruit Bar

#### Friday

BEEF & CHEESE NACHOS  
BEEF SOFT TACO w/Baked Scoops & Salsa

#### Offered With

Crispy Tater Rounds  
Veggie and Fruit Bar

### Buffet Stations

Hot & Cold Entrees Made Fresh Daily

#### Monday

BREADED CHICKEN BREAST FILLET on a Bun  
PHILLY STYLE CHEESE STEAK SUB

#### Offered With

Seasoned Potato Wedges  
Seasoned Pinto Beans

#### Tuesday

BREADED PORK STEAK on a Bun  
BBQ CHICKEN FLATBREAD SANDWICH

#### Offered With

Creamy Mashed Potatoes w/Gravy & Green Beans  
Fresh Baby Carrots

#### Wednesday

POTATO CRUSTED FISH FILLET on a Bun  
ITALIAN MEATBALL & MOZZARELLA SUB

#### Offered With

Seasoned Potato Wedges  
Freshly Made Corn & Edamame Salad

#### Thursday

BACON CHEESEBURGER on a Bun  
MACARONI & CHEESE w/Garlic Bread Stick

#### Offered With

Seasoned Curly Fries  
Steamed Broccoli Florets

#### Friday

SPICY PORK BBQ RIBS on a Bun  
CHICKEN CORDON BLEU SANDWICH

#### Offered With

Crispy Tater Rounds  
California Vegetable Medley & Cole Slaw

Lunch includes Entrée, 2 sides of Vegetables, 2 sides of Fruit & Milk

## Menus for May 9 thru 13 & May 23 thru 27

### Have it Your Way Station

Subs & Nachos with all the fixings

#### Monday

BEEF & CHEESE NACHOS  
BEEF SOFT TACO w/Baked Scoops & Salsa  
**Offered With**  
Seasoned Potato Wedges  
Veggie and Fruit Bar

#### Tuesday

AMERICAN CLUB SUB  
TURKEY & SWISS SUB  
**Offered With**  
Crispy Tater Rounds  
Veggie and Fruit Bar

#### Wednesday

BEEF & CHEESE NACHOS  
BEEF SOFT TACO w/Baked Scoops & Salsa  
**Offered With**  
Seasoned Potato Wedges  
Veggie and Fruit Bar

#### Thursday

FRESHLY MADE CHICKEN or TUNA SALAD  
SERVED ON FRESH BAKED ROLL  
**Offered With**  
Seasoned Curly Fries  
Veggie and Fruit Bar

#### Friday

BEEF & CHEESE NACHOS  
BEEF SOFT TACO w/Baked Scoops & Salsa  
**Offered With**  
Seasoned Curly Fries & California Vegetable Medley

### Buffet Stations

Hot & Cold Entrees Made Fresh Daily

#### Monday

BREADED CHICKEN BREAST FILLET on a Bun  
POTATO CRUSTED FISH FILLET on a Bun  
**Offered With**  
Seasoned Potato Wedges  
Southern Baked Beans & Freshly Made Cole Slaw

#### Tuesday

BRUNCH FOR LUNCH— EGGS, SAUSAGE & FRENCH TOAST  
HOT HAM & CHEESE BAGEL  
**Offered With**  
Crispy Tater Tots & Fresh Carrots w/Ranch Dip  
Cinnamon Baked Apples

#### Wednesday

SPICY PORK BBQ RIBS on a Bun  
ASIAN STYLE BREADED CHICKEN & RICE BOWL  
**Offered With**  
Seasoned Potato Wedges  
Steamed Broccoli Florets

#### Thursday

CLUX DELUX CHICKEN BREAST CHUNKS w/Freshly Baked Dinner Roll  
**\*New\*** FRENCH DIP SANDWICH w/Au Jus Gravy  
**Offered With**  
Creamy Mashed Potatoes w/Gravy  
Green Beans

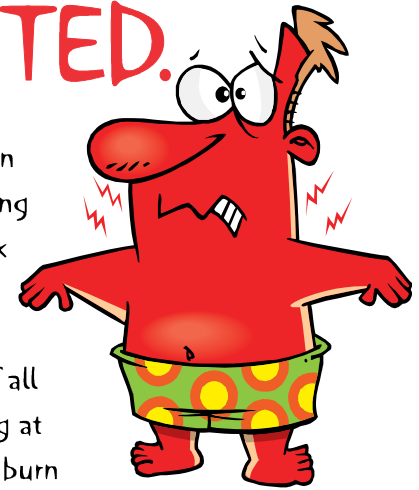
#### Friday

TEXAS STYLE PORK BBQ on a Bun  
FAJITA CHICKEN & CHEESE FLATBREAD SANDWICH  
**Offered With**  
Seasoned Curly Fries  
Cuban Black Beans & Cole Slaw

Lunch includes Entrée, 2 sides of Vegetables, 2 sides of Fruit & Milk

## TOASTED.

Just one bad,  
blistering sunburn  
when you're young  
doubles your risk  
for skin cancer  
later in life. Yet  
more than half of all  
kids report having at  
least a minor sunburn  
in the past year. Don't get burned this summer!



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

### Grab n Go Breakfast Buffet

Savory Breakfast Biscuits  
Satisfying Breakfast Pizza  
Pillsbury Mini Cinnis  
Moist Muffins & Fruit Yogurt  
Kellogg's Pop Tart & Yogurt  
Fantastie Flapsticks  
French Toast Sticks  
Fruit Smoothies w/Granola  
Breakfast Parfaits w/Granola  
Selection of Cold Cereals  
w/Graham Crackers

Breakfast includes choice of entrée, juice,  
1 serving of fruit and choice of milk