

Menus for May 2017

Lynchburg City Schools High School Menus



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

Available Daily!

Pizzeria Style Pizza

Grilled Chicken Breast Sandwich

Spicy Chicken Breast Sandwich

Breaded Chicken Breast Sandwich

Entrée Salad

Cold Deli Sandwich

Included with Lunch

Lunch Entrée

2 Servings of Fruit

2 Servings of Vegetables

8 oz Milk

Grab n' Go Menu

Monday

CHEF SALAD w/CROUTONS & CRACKERS

ALL AMERICAN CLUB SUB w/FRESH FRUIT OR VEGGIE

SMUCKER'S PBJ UNCRUSTABLE & CHEESE STICK w/SOFT PRETZEL BITES

Tuesday

SOUTHWEST CHICKEN SALAD w/TORTILLA CHIPS

SOUTHWEST CHICKEN CIABATTA w/FRESH FRUIT OR VEGGIE

HUMMUS & PASTA SALAD PROTEIN PACK w/PITA POINTS

Wednesday

ASIAN CHICKEN SALAD w/PITA POINTS

ITALIAN DELI SUB w/FRESH FRUIT OR VEGGIE

FRUIT & YOGURT PARFAIT w/GRANOLA & FRESH FRUIT

Thursday

SHAKE UP CHOPPED SALAD w/SOFT PRETZEL BITES

SMOKED TURKEY & SWISS CROISSANT w/FRESH FRUIT OR VEGGIE

HUMMUS & FRUIT PROTEIN PACK w/PITA POINTS

Friday

BUFFALO CHICKEN SALAD w/SOFT PRETZEL BITES

MANAGER'S CHOICE DELI SANDWICH w/FRESH FRUIT OR VEGGIE

GREEK YOGURT & JIF PEANUT BUTTER PROTEIN PACK w/PRETZEL BITES

NUTRITION TO GO

"Coleslaw" comes from a Dutch phrase ("kool sla") that means cabbage salad. Cabbage has been shown to help prevent certain types of cancer, and it's also loaded with vitamin C. Cabbage is easy to grow and tolerates cold very well. That's probably why it's featured in a lot of northern dishes, like sauerkraut.



90 MINUTE RULE.

A hot shower before bed helps you sleep better. But there's a catch: make sure to shower ninety minutes before you plan to hit the hay. That

way your body will have time to cool down and you'll be primed for the excellent, restful sleep we all need for good health!



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

Featured Specials of the Day

Monday, May 1

BACON CHEESEBURGER ON WG BUN

BREADED PORK STEAK w/BISCUIT

B-Y-O NACHOS OR TACO SALAD BOWL

Tuesday, May 2

MEATBALL & MOZZARELLA SUB

HONEY BBQ PORK RIBS ON WG BUN

B-Y-O POTATO BAR w/WG BISCUIT

Wednesday, May 3

CHICKEN WAFFLE SANDWICH w/MAPLE MAYO

ASIAN CHICKEN & VEG EGG ROLL w/RICE

B-Y-O NACHOS OR TACO SALAD BOWL

Thursday, May 4

HOT HAM & CHEESE CROISSANT

BUFFALO CHICKEN CHUNKS w/CORN MUFFIN

B-Y-O POTATO BAR w/DINNER ROLL

Friday, May 5

CAROLINA PORK BBQ ON WG BUN

CHICKEN FAJITA w/MEXICAN RICE

B-Y-O NACHOS OR TACO SALAD BOWL

eat+fit

wanna stay fit? gotta eat right!



item: peanuts in the shell
verdict: snackalicious

tip: Unsalted peanuts in the shell are a healthy snack! They're loaded with monounsaturated fat – the fat that's good for you – as well

as lots of fiber and as much antioxidants as most fruits. Plus they fill you up quick, so snack away! As for peanut butter – that's good, too, but try to wean yourself off the kind with added salt and sugar and go for peanut butter with just one ingredient – peanuts!



Based on about 35 peanuts in the shell.

Featured Specials of the Day

Monday, May 8

STEAK & CHEESE SUB W/AU JUS DIPPING SAUCE
PIZZA DIPPERS W/MARINARA SAUCE
B-Y-O NACHOS or TACO SALAD BOWL

Tuesday, May 9

DOUBLE DOGS ON WG BUNS
SPAGHETTI & MEATBALLS W?GARLIC BREAD STICK
B-Y-O POTATO BAR W/WG BISCUIT

Wednesday, May 10

BACON CHEESEBURGER ON WG BUN
FISH & SHRIMP PLATE W/CORN MUFFIN
B-Y-O NACHOS or TACO SALAD BOWL

Thursday, May 11

HOT CUBAN PORK SANDWICH
CHICKEN FAJITA W/MEXICAN RICE
B-Y-O POTATO BAR W/DINNER ROLL

Friday, May 12

POTATO CRUSTED FISH FILLET ON WG BUN
SZECHWAN CHICKEN W/RICE
B-Y-O NACHOS or TACO SALAD BOWL

Featured Specials of the Day

Monday, May 15

BACON CHEESEBURGER ON WG BUN
BREADED PORK STEAK W/BISCUIT
B-Y-O NACHOS or TACO SALAD BOWL

Tuesday, May 16

MEATBALL & MOZZARELLA SUB
HONEY BBQ PORK RIBS ON WG BUN
B-Y-O POTATO BAR W/WG BISCUIT

Wednesday, May 17

CHICKEN WAFFLE SANDWICH W/MAPLE MAYO
ASIAN CHICKEN & VEG EGG ROLL W/RICE
B-Y-O NACHOS or TACO SALAD BOWL

Thursday, May 18

HOT HAM & CHEESE CROISSANT
BUFFALO CHICKEN CHUNKS W/CORN MUFFIN
B-Y-O POTATO BAR W/DINNER ROLL

Friday, May 19

CAROLINA PORK BBQ ON WG BUN
CHICKEN FAJITA W/MEXICAN RICE
B-Y-O NACHOS or TACO SALAD BOWL

Featured Specials of the Day

Monday, May 22

STEAK & CHEESE SUB W/AU JUS DIPPING SAUCE
PIZZA DIPPERS W/MARINARA SAUCE
B-Y-O NACHOS or TACO SALAD BOWL

Tuesday, May 23

DOUBLE DOGS ON WG BUNS
SPAGHETTI & MEATBALLS W?GARLIC BREAD STICK
B-Y-O POTATO BAR W/WG BISCUIT

Wednesday, May 24

BACON CHEESEBURGER ON WG BUN
FISH & SHRIMP PLATE W/CORN MUFFIN
B-Y-O NACHOS or TACO SALAD BOWL

Thursday, May 25

HOT CUBAN PORK SANDWICH
CHICKEN FAJITA W/MEXICAN RICE
B-Y-O POTATO BAR W/DINNER ROLL

Friday, May 26

POTATO CRUSTED FISH FILLET ON WG BUN
SZECHWAN CHICKEN W/RICE
B-Y-O NACHOS or TACO SALAD BOWL

Monday, May 29

MEMORIAL DAY ☼ NO SCHOOL TODAY

Tuesday, May 30

MEATBALL & MOZZARELLA SUB
HONEY BBQ PORK RIBS ON WG BUN
B-Y-O POTATO BAR W/WG BISCUIT

Wednesday, May 31

CHICKEN WAFFLE SANDWICH W/MAPLE MAYO
ASIAN CHICKEN & VEG EGG ROLL W/RICE
B-Y-O NACHOS or TACO SALAD BOWL

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BY THE NUMBERS
THE PERCENTAGE OF TEENS WHO
REPORT THAT THEY DO NOT WATCH
PROFESSIONAL SPORTS ON TV.