



Menus for May 2017

Lynchburg City Schools Middle School Menus

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

SCHOOL LUNCH SUPERHERO DAY MAY 5TH



AND
SCHOOL
NUTRITION
EMPLOYEE
APPRECIATION
WEEK
MAY 1-5

Grab n' Go Breakfast

MONDAYS

Sausage Biscuit
Pillsbury WG FRUDEL
WG Pop Tart & Yogurt

THURSDAYS

Breakfast Pizza
Pancake & Sausage Bites
Yogurt Parfait & Granola

TUESDAYS

Breakfast Pizza
Pillsbury WG MINI CINNIS
Yogurt Parfait & Granola

FRIDAYS

Bacon, Egg & Cheese Sandwich
Kellogg's WG MINI
PANCAKES
WG Pop Tart & Yogurt

WEDNESDAYS

Breakfast Chicken Slider
Pillsbury WG FRUDEL
WG Muffin & Yogurt

Assorted Cold Cereals &
Grahams offered daily

Breakfast Includes:
Breakfast Entrée, Fruit Juice,
1 Serving of Fruit & Milk

Monday, May 1

Main Line Entrées (Choose 1)

100% Beef Patty on WG Bun
Offered with or without American Cheese
All American Sub w/Deli Pickle
Breaded Pork Steak w/WG Biscuit

Vegetable Sides (Choose 2)

Lima Beans
Mashed Potatoes & Gravy

Fruit Sides (Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Tuesday, May 2

Main Line Entrées (Choose 1)

Meatball & Mozzarella Sub
Southwest Chicken Ciabatta
Taco Salad Bowl

Vegetable Sides (Choose 2)

Steamed Broccoli
Garden Pasta Salad

Fruit Sides (Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Wednesday, May 3

Main Line Entrées (Choose 1)

Steak & Cheese Panini
Italian Deli Sub
Baked Chicken w/Biscuit

Vegetable Sides (Choose 2)

Green Beans
Rosemary Red Skin Potatoes

Fruit Sides (Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Thursday, May 4

Main Line Entrées (Choose 1)

Carolina Style Pork BBQ on WG Bun
Smoked Turkey & Swiss Croissant
Mouth Watering Mac & Cheese
Offered w/Corn Muffin

Vegetable Sides (Choose 2)

Seasoned Pinto Beans
Creamy Cole Slaw

Fruit Sides (Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Friday, May 5

Main Line Entrées (Choose 1)

Shrimp & Fish Plate w/Corn Muffin
Manager's Choice Sandwich
Pizza Crunchers

Vegetable Sides (Choose 2)

Steamed Sweet Green Peas
Crispy Tater Coins

Fruit Sides (Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Monday, May 8

Main Line Entrées (Choose 1)

100% Beef Patty on WG Bun
Offered with or without American Cheese
All American Sub w/Deli Pickle
Pizza Dippers w/Marinara Sauce

Vegetable Sides (Choose 2)

Southern Baked Beans
Seasoned Potato Wedges

Fruit Sides (Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Tuesday, May 9

Main Line Entrées (Choose 1)

Hot Italian Turkey Panini
Southwest Chicken Ciabatta
Cheesy Beef Nachos

Vegetable Sides (Choose 2)

California Vegetable Medley
Corn & Edamame Salad

Fruit Sides (Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Wednesday, May 10

Main Line Entrées (Choose 1)

Ham, Egg & Cheese English Muffin
Italian Deli Sub
Breakfast for Lunch

Vegetable Sides (Choose 2)

Seasoned Diced Potatoes
"Sunset Sip" V-blend Juice

Fruit Sides (Choose 1)

Cinnamon Baked Apples
Fresh Whole Fruit

Thursday, May 11

Main Line Entrées (Choose 1)

Potato Crusted Fish Fillet on WG Bun
Smoked Turkey & Swiss Croissant
Spaghetti & Meatballs w/Breadstick

Vegetable Sides (Choose 2)

Fresh Broccoli Salad
Golden Sweet Corn

Fruit Sides (Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Friday, May 12

Main Line Entrées (Choose 1)

Cuban Style Ham & Cheese Panini
Manager's Choice Sandwich
Pizza Slice w/Selection of Toppings

Vegetable Sides (Choose 2)

Crunchy Baby Carrots w/Ranch Dip
Crinkle Cut Potato Fries

Fruit Sides (Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Grab n' Go Menu

Mondays

Chef Salad w/CROUTONS & CRACKERS
All American Club Sub
Hummus Cup Protein Pack

Tuesdays

Southwest Chicken Salad w/TORTILLA CHIPS
Southwest Chicken Ciabatta
JIF Peanut Butter Cup Protein Pack

Wednesdays

Asian Chicken Salad w/PITA POINTS
Italian Deli Sub
Yogurt Cup Protein Pack

Thursdays

Shake Up Chopped Salad w/SOFT PRETZELS
Smoked Turkey & Swiss Croissant
Hummus Cup Protein Pack

Fridays

Buffalo Chicken Salad w/SOFT PRETZEL BITES
Manager's Choice Deli Sandwich
JIF Peanut Butter Cup Protein Pack

Daily

Grilled or Breaded Chicken Sandwich
Served with Potatoes and Pickle Spear
PBJ Uncrustable Combo Meal
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 required offering.
All meals include 8oz Milk.

Monday, May 15

Main Line Entrées
(Choose 1)
100% Beef Patty on WG Bun
Offered with or without American Cheese
All American Sub w/Deli Pickle
Breaded Pork Steak w/WG Biscuit

Vegetable Sides
(Choose 2)
Lima Beans
Mashed Potatoes & Gravy

Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Tuesday, May 16

Main Line Entrées
(Choose 1)
Meatball & Mozzarella Sub
Southwest Chicken Ciabatta
Taco Salad Bowl

Vegetable Sides
(Choose 2)
Steamed Broccoli
Garden Pasta Salad

Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Wednesday, May 17

Main Line Entrées
(Choose 1)
Steak & Cheese Panini
Italian Deli Sub
Baked Chicken w/Biscuit

Vegetable Sides
(Choose 2)
Green Beans
Rosemary Red Skin Potatoes

Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Thursday, May 18

Main Line Entrées
(Choose 1)
Carolina Style Pork BBQ on WG Bun
Smoked Turkey & Swiss Croissant
Mouth Watering Mac & Cheese
Offered w/Corn Muffin

Vegetable Sides
(Choose 2)
Seasoned Pinto Beans
Creamy Cole Slaw

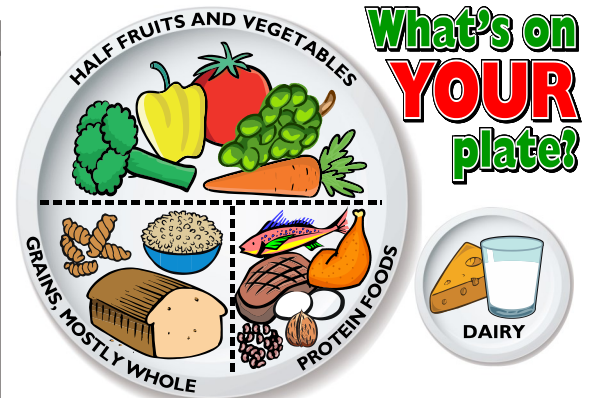
Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Friday, May 19

Main Line Entrées
(Choose 1)
Shrimp & Fish Plate w/Corn Muffin
Manager's Choice Sandwich
Pizza Crunchers

Vegetable Sides
(Choose 2)
Steamed Sweet Green Peas
Crispy Tater Coins

Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit



Always try to score 100%!



The healthiest – and tastiest! – bread you can eat is the kind that says "100% whole wheat." Check out a loaf of the bread you usually eat. Does it say "100%" on the front label? Is "whole wheat flour" the first ingredient listed? Does the "Nutrition Facts" label say that the bread has at least 2 grams of fiber per slice? If you answered yes to all 3 questions, congratulations – you score 100%! If you didn't answer yes to all three, give 100% whole wheat bread a try!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, May 22

Main Line Entrées
(Choose 1)
100% Beef Patty on WG Bun
Offered with or without American Cheese
All American Sub w/Deli Pickle
Pizza Dippers w/Marinara Sauce

Vegetable Sides
(Choose 2)
Southern Baked Beans
Seasoned Potato Wedges

Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Tuesday, May 23

Main Line Entrées
(Choose 1)
Hot Italian Turkey Panini
Southwest Chicken Ciabatta
Cheesy Beef Nachos

Vegetable Sides
(Choose 2)
California Vegetable Medley
Corn & Edamame Salad

Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Wednesday, May 24

Main Line Entrées
(Choose 1)
Ham, Egg & Cheese English Muffin
Italian Deli Sub
Breakfast for Lunch

Vegetable Sides
(Choose 2)
Seasoned Diced Potatoes
"Sunset Sip" V-blend Juice

Fruit Sides
(Choose 1)
Cinnamon Baked Apples
Fresh Whole Fruit

Thursday, May 25

Main Line Entrées
(Choose 1)
Potato Crusted Fish Fillet on WG Bun
Smoked Turkey & Swiss Croissant
Spaghetti & Meatballs w/Breadstick

Vegetable Sides
(Choose 2)
Fresh Broccoli Salad
Golden Sweet Corn

Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Friday, May 26

Main Line Entrées
(Choose 1)
Cuban Style Ham & Cheese Panini
Manager's Choice Sandwich
Pizza Slice w/Selection of Toppings

Vegetable Sides
(Choose 2)
Crunchy Baby Carrots w/Ranch Dip
Crinkle Cut Potato Fries

Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Monday, May 29

MEMORIAL DAY
NO SCHOOL TODAY

Tuesday, May 30

Main Line Entrées
(Choose 1)
Meatball & Mozzarella Sub
Southwest Chicken Ciabatta
Taco Salad Bowl

Vegetable Sides
(Choose 2)
Steamed Broccoli
Garden Pasta Salad

Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Wednesday, May 31

Main Line Entrées
(Choose 1)
Steak & Cheese Panini
Italian Deli Sub
Baked Chicken w/Biscuit

Vegetable Sides
(Choose 2)
Green Beans
Rosemary Red Skin Potatoes

Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

OUR NATION'S HISTORY

The American poet and journalist Walt Whitman, one of our country's most original and most acclaimed writers, was born on May 31, 1819 on Long Island in New York State. He began work on his masterpiece, a collection of poems entitled *Leaves of Grass*, before 1850 and continually revised and added to the book until his death in 1892. He is considered the first truly American poet, and is particularly remembered for poems like "Song of Myself" and "Oh Captain, My Captain!" which he wrote upon the assassination of President Abraham Lincoln. Whitman also volunteered in Army hospitals during the American Civil War, helping to care for wounded soldiers.

WITH LIBERTY & JUSTICE FOR ALL