



Menus for November 2013

Lynchburg City Schools
Middle & High School
Lunch Menus

AVAILABLE DAILY

FULLY STOCKED

SALAD BAR

AND ASSORTED FRUITS

**Choice of Milk served with
every Meal**

1% & Skim White & Flavored

Menu Subject to Change

WG = Whole Grain



Featured Specials of the Day

Friday, November 1

Crispy WG Fish Sticks or Popcorn Chicken
Or Ham & Cheese Sub; Baked Beans;
Broccoli w/ cheese

Monday, November 4

Hot Dog/WG Bun; with/without Chili or
Meatballs/ WG Bun w/sauce & cheese or
Turkey & Cheese Sub w/ Let-Tom-Onion;
French Fries; Crunchy Cole Slaw

Tuesday, November 5



NO SCHOOL
TODAY

Wednesday, November 6

Assorted Pizza or Chicken Fillet/ WG Bun
or Deli-Pepperoni Sub w/ Let-Tom-Onion,
Hot Vegetable of Choice

Thursday, November 7

Chicken Nuggets or Sliced Ham w/
Orange-Raisin Sauce or Sub of Choice;
Creamy Mashed Potatoes; Steamed
Carrots; Fresh Baked Wheat Roll

Friday, November 8

Crispy Corn Dog; Texas BBQ/ WG Bun or
Ham & Cheese Sub w/LTO;
Baked Beans; Golden Corn
100% Fruit/Veggie Juice; Fresh Apple



LTO = Lettuce, Tomato, Onion



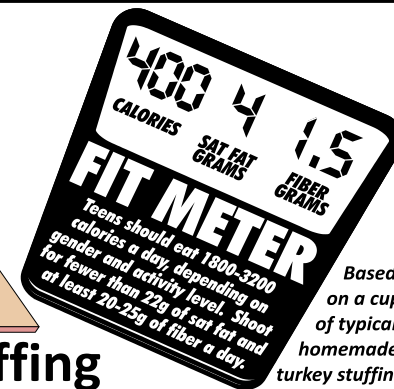
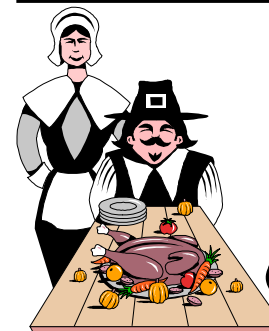
**SUNDAY,
NOV. 3**

**DON'T
FORGET
TO SET
YOUR
CLOCKS BACK**

1 HOUR

eat fit

**wanna stay fit?
gotta eat right!**



item: stuffing
verdict: easy there, pilgrim

tip: A cup of Thanksgiving stuffing contains 18g of fat, 4 of which are saturated. That's a third of the recommended daily max for both, and it's very easy to eat two cups or three cups -- and more over the next few days. If you're not careful, you'll need to charter the Mayflower to haul all that fat away!

HABIT FORMING.

Lots of things that are bad for you are habit-forming, but so are some good things. Eating breakfast, for instance. Research has shown that if you eat a good breakfast most days now while you're young, you're more likely to keep doing so when you're an adult.



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

Virginia Farm to School Week

Featured Specials of the Day

Monday, November 11

Chicken Fillet/ WG Bun or Pork Chop in white gravy w/Dinner Roll or Turkey & Cheese Sub w/ LTO; Baked Sweet Potato; Seasoned Green Beans; Local Fresh Pear

Tuesday, November 12

Popcorn Chicken or Sliced Ham or Deli-Pepperoni Sub w/LTO; Whipped Potatoes; Turnip Greens; Fresh Baked Wheat Roll

Wednesday, November 13

Cheesy Pizza Sticks w/ Marinara or Hot Entrée of Choice or Ham & Cheese Sub w/LTO; Roasted Fresh Vegetables; Local Fresh Apple

Thursday, November 14

Local 100% Beef Cheeseburger/ WG Bun or Texas BBQ/ WG Bun or Turkey & Cheese Sub; Pinto Beans; Steamed Local Cabbage

Friday, November 15

Salisbury Steak w/ Gravy or Mgr's Choice Entrée or Deli-Pepperoni Sub w/LTO; Potato Wedges; Broccoli w/ Cheese

American Education Week

Featured Specials of the Day

Monday, November 18

Meatballs in Sauce w/Cheese/WG Bun or Grilled Tuscan Chicken Sub or Deli-Pepperoni Sub w/LTO; Fresh Baked Potato; Green Peas

Tuesday, November 19

Oven Baked Chicken or Chicken Nuggets or Turkey & Cheese Sub w/LTO; Mashed Potatoes; Green Beans; Fresh Wheat Roll

Wednesday, November 20

Fresh Made Chicken Vegetable Soup; Toasted Cheese Sandwich; Warm Ham & Cheese/WG Bun; Tropical Fruit Salad; Mini Bag of Goldfish Crackers

Thursday, November 21

Fresh Made Chicken Salad w/ Breadstick or Chicken Fillet/ WG Bun or Sub of Choice; Baked Sweet Potato; Broccoli w/cheese; Fresh Strawberries w/ whipped topping

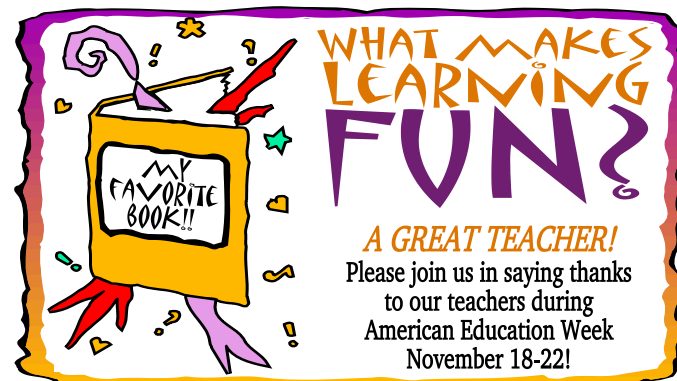
Friday, November 22

Beef Taco/ WG Soft Shell w/Cheese & Let. or Turkey & Cheese Roll-Up or Potato Crusted Fish Fillet w/Dinner Roll; Fresh Broccoli Salad; Golden Corn

PLEASE JOIN US FOR OUR



TUESDAY, NOVEMBER 26



A GREAT TEACHER!
Please join us in saying thanks to our teachers during American Education Week November 18-22!

In Honor of

American Education Week

School Nutrition invites all LCS employees to join us for a Delicious and Nutritious School Lunch.

Look for your coupon!

We're **THANKFUL**...
For Your Patronage

Featured Specials of the Day

Monday, November 25

Hot Dog/ WG Bun or Crisp Corn Dog or Sub of Choice; Baked Beans

Tuesday, November 26

Sliced Turkey in Gravy or Turkey Shaped Chicken Nuggets
Mashed Sweet Potatoes;
Seasoned Green Beans;
Warm Apple Crisp;
Fresh Baked Wheat Roll

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