

**LYNCHBURG CITY SCHOOLS  
MIDDLE & HIGH SCHOOLS' MENU**

*USDA is an equal opportunity provider and employer.*

**AVAILABLE DAILY**

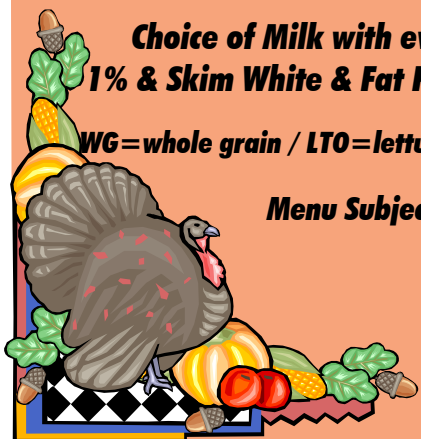
**Fully Stocked Salad Bar  
And Assorted Fruits**

**Choice of Milk with every Meal**

**1% & Skim White & Fat Free Flavored**

**WG=whole grain / LTO=lettuce, tomato, onion**

**Menu Subject to Change**



**Featured Specials of the Day**

**Monday, November 3**

Hot Dog w/wo Chili/ WG Bun Or  
Meatballs/ WG Bun Or Assorted Pizza  
Home-style Baked Beans; Crisp Cole Slaw

**Tuesday, November 4**



**NO SCHOOL  
TODAY**

**Wednesday, November 5**

BBQ Chicken Flatbread Or Cheesy Italian  
Flatbread Or Chicken Salad Sandwich;  
Herb Roasted Red Potatoes & Carrots

**Thursday, November 6**

Beef Chili Beans w/Baked Tostitos Scoops  
Or Honey BBQ Rib / WG Bun Or  
Deli Sandwich; Golden Corn

**Friday, November 7**

Assorted Pizza Or Crisp Corn Dog Or  
Manager's Choice Entrée;  
Crisp French Fries; Broccoli w/ cheese  
**Free Friday Cookie**



**Featured Specials of the Day**

**Monday, November 10**

Crisp Pork Chop /WG Bun Or  
Pulled Pork BBQ/ WG Bun Or  
Specialty Sandwich;  
Creamy Sweet Potatoes; Cole Slaw

**Tuesday, November 11**

Spaghetti w/ Meat Sauce, Garlic Toast Or  
Crisp Chicken Fillet/ WG Bun Or  
**Boxed Fresh Chef Salad w/ Crackers;**  
Seasoned Turnip Greens

**Wednesday, November 12**

Assorted Pizza Or 'Dog in a Blanket' Or  
Chicken Salad Sandwich;  
Crisp Potato Wedges; Green Peas

**Thursday, November 13**

Turkey Taco/ soft WG Shell Or  
Spicy BBQ Rib/ WG Bun Or  
**Turkey, Ham, & Cheese Wrap;**  
Golden Corn

**Friday, November 14**

Assorted Pizza Or Potato Crusted Fish  
Fillet Or Manager's Choice Entrée;  
Macaroni & Cheese; Glazed Carrots;  
Wheat Dinner Roll  
**Free Friday Cookie**

**[www.myschoolbucks.com](http://www.myschoolbucks.com)**

Place money on your children's accounts for meals and/or those "extra treats" they enjoy. This year we offer **Ice-Cream** and other nutritious snack selections.

All a la carte items meet new Federal Guidelines for "Smart Snacks".

You may view your child's account balance and obtain a print out of your child's activity at no cost. You may also add to your child's meal account via a credit card

**with no fees.**

*Easy,  
Smart,  
Secure!*

## **Featured Specials for American Education Week**

### **Monday, November 17**

Saucy Meatballs w/cheese Or  
'Dog in a Blanket' w/ Fresh Baked  
Flatbread Dough or Assorted Pizza;  
Crisp Potato Wedges; Home-Style Beans  
Crunchy Cole Slaw

### **Tuesday, November 18**

Oven Roasted Chicken Or  
Spicy BBQ Rib / WG Bun Or  
Boxed Fresh Chef Salad w/ Crackers;  
Creamy Mashed Potatoes; Green Beans;  
Fresh Baked Wheat Roll



### **Wed, November 19**

Fresh Made Chicken Vegetable Soup w/  
Toasted Cheese Sandwich Or  
PBJ Sandwich  
Or Cheese Sticks w/ Marinara Sauce

### **Thursday, November 20**

House Made Chicken Salad w/WG  
Croissant Or Honey BBQ Rib / WG Bun Or  
Deli Specialty Sandwich;  
Creamy Sweet Potatoes; Green Peas

### **Friday, November 21**

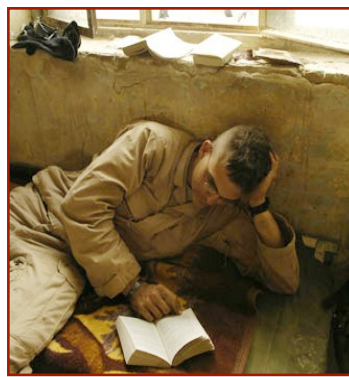
Assorted Pizza Or Turkey Taco/ WG Soft  
Shell Or Turkey, Ham, & Cheese Flatbread  
Sandwich w/ Bag of Chips;  
Veggie Salad w/ Fresh Broccoli, Cheese,  
Raisins, Bacon and Fresh House Made  
Dressing—YUM!  
Free Friday Cookie



# ★ OUR NATION'S HISTORY ★

D

uring World War I, 25% of Americans drafted into the Army couldn't read or write. So a group of educators helped found American Education Week in 1921, to bring attention to the need for public education and to salute the dedicated teachers who help students learn. Please remember to thank your teachers during this year's American Education Week, which will be celebrated later this month, from November 16-22.



## ★ WITH LIBERTY & JUSTICE FOR ALL ★

## **Featured Specials of the Day**

### **Monday, November 24**

Assorted Pizza Or PBJ w/ cheese stick Or  
Manager's Choice Entrée w/ Bread  
Oven Baked Fries

### **Tuesday, November 25**

#### **Thanksgiving Lunch**

Fresh Made Turkey & Gravy Or  
Manager's Choice Entrée  
Creamy Mashed Potatoes; Seasoned  
Green Beans, Cinnamon Baked Apples;  
Fresh Baked Wheat Roll  
Fresh Baked Holiday Cookie

### **Wednesday, November 26**

*No School*  
*Enjoy your Thanksgiving*  
*Holiday!*



In Honor of

### ***American Education Week***

School Nutrition invites all LCS  
School Employees to join us for a  
Delicious & Nutritious School Lunch  
during this special week.

**Look for your Coupon!**

