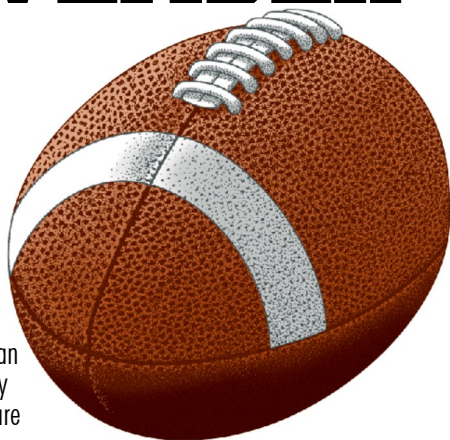


# MENUS FOR NOVEMBER 2016

**Lynchburg  
City  
Schools**

**High School  
Menus**

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



## Grab & Go Menu Monday

CHEF SALAD w/CROUTONS & CRACKERS  
ALL AMERICAN CLUB SUB w/FRESH FRUIT OR VEGGIE  
GREEK YOGURT & PEANUT BUTTER PROTEIN PACK w/BAGEL

## Tuesday

SOUTH WEST CHICKEN SALAD w/TORTILLA CHIPS  
SOUTH WEST CHICKEN WRAP w/FRESH FRUIT OR VEGGIE  
HUMMUS & PASTA 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

## Thursday

CITRUS HERB CHICKEN SALAD w/CROUTONS & CROISSANT  
SMOKED TURKEY & SWISS CROISSANT  
HUMMUS & FRUIT PROTEIN PACK w/PITA POINTS

## Friday

BUFFALO CHICKEN SALAD w/CROUTONS & CRACKERS  
BUFFALO CHICKEN WRAP w/FRESH FRUIT OR VEGGIE  
GREEK YOGURT & PEANUT BUTTER PROTEIN PACK w/BAGEL

## Featured Specials of the Day

### Tuesday, November 1

PORK BBQ RIB ON WG BUN  
BUFFALO CHICKEN CHUNKS w/WG BISCUIT  
B-Y-O POTATO BAR w/WG BISCUIT

### Wednesday, November 2

HAM, EGG & CHEESE BREAKFAST MUFFIN  
BREAKFAST FOR LUNCH  
B-Y-O NACHOS or TACO SALAD BOWL

### Thursday, November 3

HOT CUBAN PORK SANDWICH  
FISH & SHRIMP PLATE w/CORN MUFFIN  
B-Y-O POTATO BAR w/CORN MUFFIN

### Friday, November 4

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

### Monday, November 7

NO SCHOOL TODAY  
PROFESSIONAL DEVELOPMENT DAY

### Tuesday, November 8

NO SCHOOL TODAY  
ELECTION DAY

### Wednesday, November 9

HOT HAM & CHEESE CROISSANT  
BAKED CHICKEN w/CORN MUFFIN  
B-Y-O NACHOS or TACO SALAD BOWL

### Thursday, November 10

CAROLINA PORK BBQ ON WG BUN  
MACARONI & CHEESE w/BREAD STICK  
B-Y-O POTATO BAR w/BREAD STICKS

### Friday, November 11

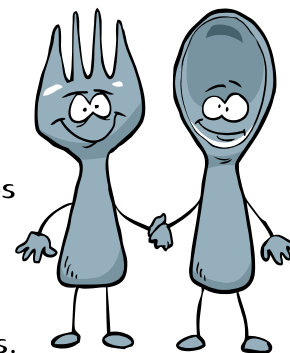
PHILLY STYLE CHEESE STEAK SUB  
CHICKEN FAJITA w/MEXICAN RICE  
B-Y-O NACHOS or TACO SALAD BOWL

# 91

**BY THE NUMBERS**  
PERCENTAGE OF TEENS WHO  
HAVE OWNED A PET, LED BY DOG  
(71%), FISH (60%), AND CAT (42%).

# THE FAMILY THAT EATS TOGETHER.

Family meals don't just improve your nutrition - eating together also helps boost social skills and increase appreciation for the value of food and the effort needed to fix meals.



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

## AVAILABLE DAILY

Pizzeria Style Pizza

Grilled Chicken Breast Sandwich

Spicy Chicken Breast Sandwich

Breaded Chicken Breast Sandwich

## Included with Lunch

2 Servings of Fruit

2 Servings of Vegetables

8 oz Milk



## Featured Specials of the Day

### Monday, November 14

BBQ CHICKEN FLATBREAD

ITALIAN PIZZA DIPPERS w/MARINARA SAUCE

B-Y-O NACHOS or TACO SALAD BOWL

### Tuesday, November 15

PORK BBQ RIB ON WG BUN

BUFFALO CHICKEN CHUNKS w/WG BISCUIT

B-Y-O POTATO BAR w/WG BISCUIT

### Wednesday, November 16

HAM, EGG & CHEESE BREAKFAST MUFFIN

BREAKFAST FOR LUNCH

B-Y-O NACHOS or TACO SALAD BOWL

### Thursday, November 17

HOT CUBAN PORK SANDWICH

FISH & SHRIMP PLATE w/CORN MUFFIN

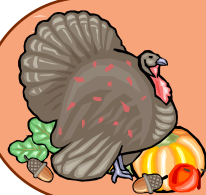
B-Y-O POTATO BAR w/CORN MUFFIN

### Friday, November 18

POTATO CRUSTED FISH FILLET ON WG BUN

SZECHWAN CHICKEN w/RICE

B-Y-O NACHOS or TACO SALAD BOWL



Please see  
reverse for items  
available daily

## Featured Specials of the Day

### Monday, November 21

BACON CHEESEBURGER ON WG BUN

BREADED PORK STEAK w/BISCUIT

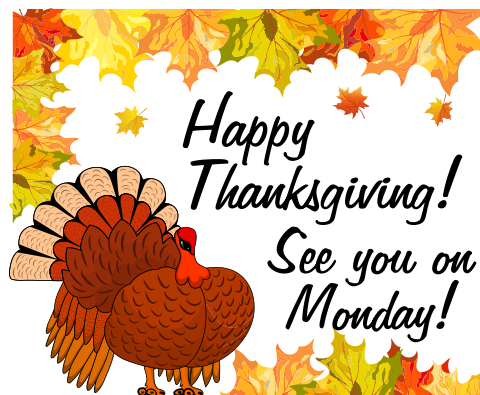
B-Y-O NACHOS or TACO SALAD BOWL

### Tuesday, November 22

MEATBALL & MOZZARELLA SUB

ASIAN CHICKEN & VEG EGG ROLL w/RICE

B-Y-O POTATO BAR w/WG BISCUIT



### Monday, November 28

BBQ CHICKEN FLATBREAD

ITALIAN PIZZA DIPPERS w/MARINARA SAUCE

B-Y-O NACHOS or TACO SALAD BOWL

### Tuesday, November 29

PORK BBQ RIB ON WG BUN

BUFFALO CHICKEN CHUNKS w/WG BISCUIT

B-Y-O POTATO BAR w/WG BISCUIT

### Wednesday, November 30

HAM, EGG & CHEESE BREAKFAST MUFFIN

BREAKFAST FOR LUNCH

B-Y-O NACHOS or TACO SALAD BOWL

# eat fit

wanna stay fit?  
gotta eat right!

**item:**  
turkey  
sub

**verdict:**  
healthy  
fast food?!



**tip:** Yes, but not so fast! The numbers here are for turkey and lots of veggies on multigrain bread with mustard. Add a few slices of cheese and a generous glob of mayo and you're closer to 600 calories and 8g of saturated fat – and that's without chips, soda, and cookie!



Based  
on a  
6-inch  
sub at a  
popular  
chain



Thanksgiving dinner is full of variety and nutrients. Turkey is a high-protein, low-fat meat, and the big meal is usually served with an array of tasty veggies. To keep your dinner healthier, cut back on the dressing and gravy a little, limit the bread and butter, start off with smaller portions, and rest a bit before going back for seconds.



A TASTY MORSEL FOR TEENS

# Native American Heritage Month

## November 2016