

Menus for November 2017

Lynchburg City Schools
High School Menus

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

Weekly Grab n' Go Menus

Monday

CHEF SALAD w/CROUTONS & CRACKERS
ALL AMERICAN CLUB SUB w/L-T-P & FRESH FRUIT OR VEGGIES
SMUCKER'S PBJ & CHEESE CUBES w/FRESH FRUIT, VEGGIES & SOFT PRETZEL BITES

Tuesday

SOUTHWEST CHICKEN SALAD w/TORTILLA CHIPS
HAM & CHEESE SUB w/L-T-P & FRESH FRUIT OR VEGGIES
HUMMUS & CHEESE CUBES w/SWEET PEPPER STRIPS, CARROTS & TORTILLA CHIPS

Wednesday

ASIAN CHICKEN SALAD w/PITA POINTS
ITALIAN DELI SUB w/L-T-P & FRESH FRUIT OR VEGGIES
FRUIT & YOGURT PARFAIT w/GRANOLA & FRESH FRUIT

Thursday

BISTRO CHICKEN PASTA SALAD w/GARLIC BREAD STICK
TURKEY & SWISS SUB w/L-T-P & FRESH FRUIT OR VEGGIES
HUMMUS & CHEESE CUBES w/SWEET PEPPER STRIPS, CUCUMBER & PITA POINTS

Friday

BUFFALO CHICKEN SALAD w/SOFT PRETZEL BITES
MANAGER'S CHOICE DELI SANDWICH w/L-T-P & FRESH FRUIT OR VEGGIES
SMUCKER'S PBJ & GREEK YOGURT w/FRESH FRUIT, VEGGIES & SOFT PRETZEL BITES

Featured Specials of the Day

Wednesday, November 1

SZECHWAN CHICKEN & RICE BOWL w/VEGETABLE EGG ROLL
MEATBALL & MOZZARELLA SUB
B-Y-O NACHOS or TACO SALAD BOWL

Thursday, November 2

CHICKEN FAJITA on SOFT TORTILLA & RICE
BACON CHEESEBURGER
B-Y-O BAKED or FRIED POTATO BAR w/GARLIC BREAD STICKS

Friday, November 3

BUFFALO CHICKEN CHUNKS w/BUTTERMILK BISCUIT
PULLED PORK BBQ on a BUN
B-Y-O NACHOS or TACO SALAD BOWL

Monday, November 6

BUFFALO CHICKEN DRUMSTICK w/PARKERHOUSE ROLLS
STEAK & CHEESE SUB
B-Y-O NACHOS or TACO SALAD BOWL

Tuesday, November 7

PROFESSIONAL DEVELOPMENT DAY
NO SCHOOL TODAY

Wednesday, November 8

ASIAN CHICKEN & RICE BOWL w/VEGETABLE EGG ROLL
MEATBALL & MOZZARELLA SUB
B-Y-O NACHOS or TACO SALAD BOWL

Thursday, November 9

FISH & SHRIMP PLATE w/CORN MUFFIN
BACON CHEESEBURGER
B-Y-O BAKED or FRIED POTATO BAR w/GARLIC BREAD STICKS

Friday, November 10

DILL CHICKEN CHUNKS w/BUTTERMILK BISCUIT
HOT CUBAN PORK SANDWICH
B-Y-O NACHOS or TACO SALAD BOWL

74

BY THE NUMBERS

AMERICANS EAT FOR 74 MINUTES
EACH DAY, UP TO 60 MINUTES LESS
THAN THE AVERAGE EUROPEAN.

Available Daily

PIZZERIA STYLE PIZZA

GRILLED CHICKEN BREAST SANDWICH

SPICY CHICKEN BREAST SANDWICH

BREADED CHICKEN BREAST SANDWICH

FEATURED ENTRÉE SALAD

GOLD DELI SANDWICH

INCLUDED WITH LUNCH

LUNCH ENTRÉE

2 SERVINGS OF FRUIT

2 SERVINGS OF VEGETABLES

8 OZ MILK

Winter Soup Special

Warm up this winter
with a cup of freshly made
Soup offered with any
Grab n' Go Entrée
Tuesdays & Thursdays
throughout
the chilly
winter
months.



Please See Reverse for
Items Available Daily

STRANGE
BUT TRUE!

Please
Join us for our
Thanksgiving

Tuesday,
November 21

Featured Specials of the Day

Monday, November 20

MACARONI & CHEESE w/BUTTERMILK BISCUIT
HOT HONEY SRIRACHA CHICKEN SUB
B-Y-O BAKED OR FRIED POTATO BAR w/BISCUIT

Tuesday, November 21

SLICED ROAST TURKEY
MASHED POTATOES & GRAVY
GREEN BEANS-SAVORY DRESSING -DINNER ROLL
PUMPKIN PIE w/WHIPPED TOPPING

Thanksgiving

ENJOY YOUR HOLIDAY!
SEE YOU MONDAY!

Monday, November 27

BUFFALO CHICKEN DRUMSTICK w/PARKERHOUSE ROLLS
STEAK & CHEESE SUB

B-Y-O NACHOS OR TACO SALAD BOWL

Tuesday, November 28

MACARONI & CHEESE w/BUTTERMILK BISCUIT
HOT HONEY SRIRACHA CHICKEN SUB

NEW—STREET TACO TUESDAY

Wednesday, November 29

ASIAN CHICKEN & RICE BOWL w/VEGETABLE EGG ROLL
MEATBALL & MOZZARELLA SUB

B-Y-O NACHOS OR TACO SALAD BOWL

Thursday, November 30

FISH & SHRIMP PLATE w/CORN MUFFIN
BACON CHEESEBURGER

B-Y-O BAKED OR FRIED POTATO BAR w/GARLIC BREAD STICKS

Featured Specials of the Day

Monday, November 13

DILLED CHICKEN BREAST FILLET ON KAISER ROLL
STEAK & CHEESE SUB

B-Y-O NACHOS OR TACO SALAD BOWL

Tuesday, November 14

SPAGHETTI & MEATBALLS w/GARLIC BREAD STICK
HOT HONEY SRIRACHA CHICKEN SUB

NEW—STREET TACO TUESDAY

Wednesday, November 15

SZECHWAN CHICKEN & RICE BOWL w/VEGETABLE EGG ROLL
MEATBALL & MOZZARELLA SUB

B-Y-O NACHOS OR TACO SALAD BOWL

Thursday, November 16

CHICKEN FAJITA ON SOFT TORTILLA & RICE
BACON CHEESEBURGER

B-Y-O BAKED OR FRIED POTATO BAR w/GARLIC BREAD STICKS

Friday, November 17

BUFFALO CHICKEN CHUNKS w/BUTTERMILK BISCUIT
PULLED PORK BBQ ON A BUN

B-Y-O NACHOS OR TACO SALAD BOWL

LOTS OF OTHER ANIMALS BESIDES DEER LOVE ACORNS. BUT IF ALL THE ACORNS GET EATEN, WHERE WILL NEW OAK TREES COME FROM? DON'T WORRY -- **THE OAK TREES HAVE A PLAN!** MOST YEARS, THE TREES PRODUCE A FAIRLY SMALL CROP OF ACORNS, WHICH MEANS THE ACORN-EATERS WILL HAVE LESS FOOD TO GO AROUND AND FEWER OFFSPRING. THEN, THE TREES WILL HAVE **WHAT'S KNOWN AS A "MAST" YEAR**, WHEN THEY PRODUCE HUGE NUMBERS OF ACORNS - FAR MORE THEN THE SMALLER POPULATION OF ACORN-LOVERS CAN EAT, SO MORE ACORNS **HAVE A CHANCE TO BECOME SEEDLINGS AND MATURE OAKS!**



eatfit wanna stay fit?
gotta eat right!

verdict: heed the horn

This time of year, you see a lot of images of what's called a **"cornucopia,"** a.k.a. a **"horn of plenty."** Ever notice what it's **PLENTY** full of? Fruits and whole grains and nuts and veggies!

Just like
your plate
should be!

