

# Menus for November 2017

**Lynchburg City Schools  
Middle School Menus**

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



## PLAY TOGETHER.

Think it's tough to get that 30 minutes of exercise most days that experts recommend for good health? It's a lot easier to do with a partner, and it's easier still with an entire family—YOURS!



And Thanksgiving weekend is the perfect time to start!

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

## NUTRITION TO GO

Where's the fat hiding in a Thanksgiving meal? A cup of stuffing contains 18g of fat, 4g of saturated fat. That's a third of the recommended daily maximum for both, and some of us eat two or three cups! Surprisingly, a cup of gravy contains only 3-5 grams of fat. Stuffing is fine for special meals, but try not to overdo it, even at Thanksgiving!

**A QUICK BITE FOR PARENTS**

## 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!



### Wednesday, November 1

#### Main Line Entrées (Choose 1)

Breakfast for Lunch  
French Toast Sticks, Grilled Egg Patty & Sausage  
Turkey & Swiss Sub w/Deli Pickle

#### Vegetable Sides (Choose 2)

Seasoned Diced Potatoes  
"Sunset Sip" V-blend Juice

#### Fruit Sides (Choose 1)

Cinnamon Baked Apples  
Fresh Whole Fruit

### Thursday, November 2

#### Main Line Entrées (Choose 1)

All Beef Hot Dog on Bun  
Offered with or without Chili  
All American Sub w/Deli Pickle  
Spaghetti & Meatballs w/Breadstick

#### Vegetable Sides (Choose 2)

Steamed Broccoli  
Creamy Cole Slaw

#### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

### Friday, November 3

#### Main Line Entrées (Choose 1)

Crispy Fish Fillet on Bun  
Ham & Cheese Sub w/Deli Pickle  
Pizza Slice w/Selection of Toppings

#### Vegetable Sides (Choose 2)

Home Made Turkey & Vegetable Soup  
Seasoned Potato Wedges

#### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

## Weekly Grab n' Go Menu

### Mondays

Chef Salad w/CROUTONS & CRACKERS  
Club Sub w/L-T-P & BABY CARROTS-DIP  
PB&J w/YOGURT, CINNAMON BITZ & BANANA

### Tuesdays

Southwest Chicken Salad w/TORTILLA CHIPS  
Italian Sub w/L-T-P & GRAPE TOMATOES-DIP  
PB&J w/CHEDDAR CUBES, GOLDFISH CRACKERS & APPLESAUCE

### Wednesdays

Chicken & Waffle Wednesday  
Asian Chicken Salad w/PITA POINTS  
Turkey & Swiss Sub w/L-T-P & CELERY STICKS-DIP  
PB&J w/YOGURT, CINNAMON BITZ & APPLE SLICES

### Thursdays

Bistro Chicken Salad w/GARLIC BREADSTICK  
Club Sub w/L-T-P & BABY CARROTS-DIP  
PB&J w/CHEDDAR CUBES, GOLDFISH CRACKERS & CARROTS

### Fridays

Buffalo Chicken Salad w/SOFT PRETZEL BITES  
Ham & Cheese Sub w/L-T-P & CUCUMBER SLICES-DIP  
PB&J w/CHEDDAR CUBES, PRETZEL BITES & CUCUMBER

### Daily

Chicken Sandwich (except Wed)  
Served with Vegetable of the Day and Pickle Spear  
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 requirement. All meals include 8oz Milk.

### Monday, November 6

#### Main Line Entrées (Choose 1)

Cheeseburger Meatloaf on Bun  
All American Sub w/Deli Pickle  
Breaded Pork Steak w/Buttermilk Biscuit

#### Vegetable Sides (Choose 2)

Lima Beans  
Mashed Potatoes & Gravy

#### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

### Tuesday, November 7



**No  
School  
Today**

### Wednesday, November 8

#### Main Line Entrées (Choose 1)

Turkey & Dressing Supreme  
Offered with Freshly Baked Parkerhouse Roll  
Turkey & Swiss Sub w/Deli Pickle  
Steak & Cheese Panini

#### Vegetable Sides (Choose 2)

Green Beans  
Rosemary Red Skin Potatoes

#### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

### Thursday, November 9

#### Main Line Entrées (Choose 1)

Mouth Watering Mac & Cheese  
Offered w/Corn Muffin  
All American Sub w/Deli Pickle  
Shrimp & Fish Plate w/Corn Muffin

#### Vegetable Sides (Choose 2)

Steamed Broccoli  
Seasoned Pinto Beans

#### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

### Friday, November 10

#### Main Line Entrées (Choose 1)

Pizza Crunchers  
Ham & Cheese Sub  
Carolina Pork BBQ on Bun

#### Vegetable Sides (Choose 2)

Campbell's Tomato Soup  
Crispy Tater Coins

#### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit



**Monday, November 13**

**Main Line Entrées**  
(Choose 1)  
Chargrilled Beef Patty on Bun  
Offered with or without American Cheese  
All American Sub w/Deli Pickle  
Fajita Chicken w/Spanish Rice

**Vegetable Sides**  
(Choose 2)  
Roasted Peppers & Onions  
Crinkle Cut Oven Fries

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

**Tuesday, November 14**

**Main Line Entrées**  
(Choose 1)  
Cheesy Beef Nachos  
Offered with variety of toppings  
Italian Deli Sub w/Deli Pickle  
BBQ Pork Rib Sandwich

**Vegetable Sides**  
(Choose 2)  
Southern Style Baked Beans  
Golden Sweet Corn

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

**Wednesday, November 15**

**Main Line Entrées**  
(Choose 1)  
Breakfast for Lunch  
French Toast Sticks, Grilled Egg Patty & Sausage  
Turkey & Swiss Sub w/Deli Pickle

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

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

**Thursday, November 16**

**Main Line Entrées**  
(Choose 1)  
All Beef Hot Dog on Bun  
Offered with or without Chili  
All American Sub w/Deli Pickle  
Spaghetti & Meatballs w/Breadstick

**Vegetable Sides**  
(Choose 2)  
Steamed Broccoli  
Creamy Cole Slaw

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

**Friday, November 17**

**Main Line Entrées**  
(Choose 1)  
Crispy Fish Fillet on Bun  
Ham & Cheese Sub w/Deli Pickle  
Pizza Slice w/Selection of Toppings

**Vegetable Sides**  
(Choose 2)  
Home Made Turkey & Vegetable Soup  
Seasoned Potato Wedges

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

**Monday, November 20**

**Main Line Entrées**  
(Choose 1)  
Taco Salad Bowl  
Offered with Variety of Toppings  
Italian Deli Sub w/Deli Pickle  
Meatball & Mozzarella Sub

**Vegetable Sides**  
(Choose 2)  
Seasoned Pinto Beans  
Golden Sweet Corn

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

**Tuesday, November 21**

**Thanksgiving Meal**  
Turkey Roast  
w/Gravy  
Roasted Red Skin Potatoes  
Green Beans  
Cinnamon Baked Apples  
Savory Bread Stuffing  
Pumpkin Pie



**What are the farmers in this picture harvesting?**



**Cranberries!** The popular holiday treat is grown in cool parts of the country in wetland areas known as "bogs." At harvest time, farmers flood the bogs and then waded into the water to corral the delicious berries!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**Monday, November 27**

**Main Line Entrées**  
(Choose 1)  
Cheeseburger Meatloaf on Bun  
All American Sub w/Deli Pickle  
Breaded Pork Steak w/Buttermilk Biscuit

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

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

**Tuesday, November 28**

**Main Line Entrées**  
(Choose 1)  
Taco Salad Bowl  
Offered with Variety of Toppings  
Italian Deli Sub w/Deli Pickle  
Meatball & Mozzarella Sub

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

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

**Wednesday, November 29**

**Main Line Entrées**  
(Choose 1)  
Turkey & Dressing Supreme  
Offered with Freshly Baked Parkerhouse Roll  
Turkey & Swiss Sub w/Deli Pickle  
Steak & Cheese Panini

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

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

**Thursday, November 30**

**Main Line Entrées**  
(Choose 1)  
Mouth Watering Mac & Cheese  
Offered w/Corn Muffin  
All American Sub w/Deli Pickle  
Shrimp & Fish Plate w/Corn Muffin

**Vegetable Sides**  
(Choose 2)  
Steamed Broccoli  
Seasoned Pinto Beans

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

**HELP!**

We need folks like you to work in our school restaurants. Good hours, great folks, and the chance to prepare and serve meals that help kids stay ready to learn.

**Call 515-5060**