

MENUS FOR OCTOBER 2013

LYNCHBURG CITY SCHOOLS MIDDLE & HIGH SCHOOL MENU



Look for our Chef Inspired Recipes



This institution is an equal opportunity provider and employer.

AVAILABLE DAILY FULLY STOCKED SALAD BAR

AND ASSORTED FRUITS

**Choice of Milk served with
every Meal**

1% & Skim White & Flavored

Menu Subject to Change



Featured Specials of the Week

Tuesday, October 1

Oven Baked Chicken or Pork Chop in white gravy w/
Fresh Baked Wheat Rolls or Ham & Cheese Sub;
Mashed Potatoes; Orange Glazed Carrots;

Wednesday, October 2

Assorted Pizza Wedge or 🍷 "Jerk" Chicken w/ Brown
Rice and WG Roll or Italian Sub; Mixed Vegetables

Thursday, October 3

Crisp Chicken Fillet/ WG Bun or Texas BBQ Sliders w/
Fresh Baked Cookie or Turkey & Cheese/ WG Bun;
Golden Corn; Seasoned Green Beans

Friday, October 4

Crisp Potato Crusted Fish Fillet/ WG Bun or Sweet &
Sour Popcorn Chicken w/ WG Roll or PBJ Sandwich w/
Mozz. Cheese Stick; Potato Wedges; Broccoli w/ cheese



Featured Specials of the Week

Monday, October 7—Sub Day!

Warm Cheesy Chicken Sub or Turkey, Ham & Cheese
Sub; Pepperoni Italian Sub; Fresh Baked Sweet Potato;
Hot Vegetable of Choice

Tuesday, October 8

Chicken Nuggets w/ Wheat Roll or 2 Piled High Ham &
Cheese Sliders w/ Fresh Baked Cookie or Turkey &
Cheese /WG Bun; Creamy Mashed Potatoes; Green Peas

Wednesday, October 9

Cheesy Pizza Sticks w/ Marinara Sauce or Pork Chop in
White Gravy w/ Dinner Roll or Turkey & Cheese /WG
Bun; 🍷 Herb Roasted Fresh Vegetables

Thursday, October 10

Salisbury Steak w/ Gravy or Sliced Turkey w/ Gravy or
Deli Sub; Brown Rice; Pinto Beans; Broccoli w/ cheese

Friday, October 11

Crisp WG Corn Dog or WG Fish Sticks or
Ham & Cheese/ WG Bun; Crispy Oven Fries;
Steamed Fresh Cabbage



SCHOOL LUNCH

ACROSS
THE
USA

**JOIN US IN CELEBRATING
NATIONAL SCHOOL LUNCH WEEK
OCTOBER 14-18, 2013**

Favorite Foods Across the USA:

Monday, October 14—All American

Hot Dog /WG Bun w/wo Chili or Meatballs in Sauce/
WG Bun or Ham & Cheese Sub; Crunchy Cole Slaw;
Crisp Potato Wedges

Tuesday, October 15—Southern Style

Oven Baked Chicken or Sliced Ham w/ Orange Raisin
Sauce w/ Fresh Baked Wheat Rolls or Turkey & Cheese/
WG Bun; Creamy Mashed Potatoes; Turnip Greens

Wednesday, October 16—Celebrate Soup

Fresh Made Chicken Vegetable Soup
PBJ Sandwich or Toasted Cheese Sandwich or Deli
Sandwich; Sweet Potato Fries 🍷 Tropical Fruit Salad
WG Chocolate Chip Cookie

Thursday, October 17—Southwest USA

Beef Taco/ WG Soft Shell or Chicken Fajita/ WG Soft
Shell or Turkey Cheese WG Wrap; Refried Beans;
Mexicali Corn

Friday, October 18—USA Loves Local Beef

Local 100% Beef Cheeseburger/ WG Bun or
Chicken Fillet/ WG Bun or
Fresh Made Chicken Salad/ WG Croissant;
Baked Fresh Potato; Green Beans



**Enjoy a School Lunch during this
Special Week and Win Prizes! \$\$\$**

Featured Specials of the Day

Monday, October 21

Crisp Chicken Fillet/ WG Bun or Manager's Hot Entrée or Turkey & Cheese Sub; Black-eyed Peas; Golden Corn;

Tuesday, October 22

Chicken Nuggets or Potato Crusted Fish Fillet or Ham Rolls; Creamy Mashed Potatoes; Green Beans; Fresh Baked Wheat Rolls

Wednesday, October 23

Assorted Pizza or Pork Chop in white gravy or Turkey, Ham & Cheese Sub; Hot Vegetable of Choice

Thursday, October 24

Chicken Tetrassini w/Bakery Dinner Roll or Salisbury Steak & Cheese/ WG Bun or Italian Pepperoni Sub; Baked Sweet Potato; Broccoli w/cheese

Friday, October 25

Early Dismissal Day

11:00 High School

11:35 Middle School

Quick Grab & Go Bag Lunch

Be sure to visit your cafeteria and pick up your Bag Lunch before leaving!



OCTOBER

The name "October" comes from the Latin word for "eight" -- but it's the tenth month! What gives? In the Roman calendar, it WAS the eighth month, but then January and February were added when the calendar was revised, and October kept its name.

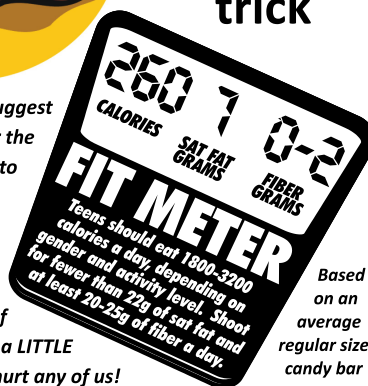


eatfit
wanna stay fit?
gotta eat right!



tip:

We're not going to suggest that you dig deep for the necessary willpower to completely avoid the copious bags and bowls of candy that seem to appear out of thin air this time of year. But come on -- a LITTLE willpower wouldn't hurt any of us!



item:
candy bar
verdict:
trick

Based on an average regular size candy bar

Featured Specials of the Day

Monday, October 28

Professional Development Day
Students Do Not Attend!

Tuesday, October 29

Hot Dog/ WG Bun, w/wo Chili or Beef Meatballs in Sauce/ WG Bun or Turkey & Cheese/ WG Bun

Wednesday, October 30

Cheesy Pizza Sticks w/ Marinara Sauce or Crisp Chicken Fillet/ WG Bun or Deli Sandwich;
Herb Roasted Fresh Vegetables

Thursday, October 31

Enjoy our Halloween Menu

Spooky "Bat -shaped" WG Chicken Nuggets or Crisp Pork Chop or Ham Rolls; Orange Mashed Potatoes; Green Beans; "Frankenstein Fruit Salad"; Halloween Cookie

Friday, November 1

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

MENU FACTS:

Choice of milk served with all complete meals: Skim milk & 1% white and flavored milk

100% Fruit Juice is served with every Breakfast

"Offer vs. Serve" - Students may decline one item for breakfast and one or two items for lunch if they choose. Prices remain the same whether the full meal is chosen or an item is declined.

Please check with your cafeteria manager or the School Nutrition Office if your child has any dietary concerns.

WG = Whole Grains

Menus are subject to change without notice.

"In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer."

Brain Ticklers



What gets wetter and wetter the more it dries?

(Hold the page upside down and read it in a mirror for the answer!)

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Use our on-line website for meal account information and on-line payments.



mySchoolBucks®

Menus are subject to change due to weather, calendar changes, administrative directive, and/or product availability or quality.