

MENUS FOR OCTOBER 2014

LYNCHBURG CITY SCHOOLS SECONDARY 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% White & Fat Free Flavored**

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

Menu Subject to Change



Featured Specials of the Day

Wednesday, October 1

Assorted Pizza Wedge Or Chef Inspired Hot Entrée Or Meat & Cheese Sub w/LTO; Hot Vegetable of Choice; Crisp French Fries; Bakery Dinner Roll

Thursday, October 2

Potato Bar w/all the Fixin's: Beef Chili Beans with Tostitos Baked Scoops; Or Crispy Chicken Tenders w/ Bakery Roll Or Deli Sandwich w/LTO; Steamed Broccoli w/cheese

Friday, October 3

Honey BBQ Rib/ WG Bun Or Manager's Choice Hot Entrée; Or Meat & Cheese Sub w/LTO; Golden Corn; Glazed Carrots; Roll
Free Friday Cookie!

Monday, October 6

Texas BBQ/ WG Bun Or Assorted Pizza Or Turkey & Cheese Sandwich w/ LTO; Fresh Made Cole Slaw; Crisp Potato Wedges

Tuesday, October 7

Popcorn Chicken w/ Wheat Roll Or Teriyaki Chicken w/ Brown Rice Or Deli Sub w/LTO; Mashed Potatoes; Green Beans

Wednesday, October 8

NEW! Hand Made Stromboli, w/Fresh Baked Dough Or Manager's Choice Hot Entrée Or Cold Sandwich of Choice; Steamed Broccoli w/ Cheese

Thursday, October 9

Taco Bar w/ all the Fixin's : Or Crispy Chicken Tenders with Shr. Cheese, Lettuce, Diced Tomatoes with WG Tortilla Shell Or Deli Wrap w/ LTO; Baked Beans; Golden Corn

Friday, October 10

Crispy Corn Dog Or Manager's Choice Hot Entrée Or Fresh Made Chicken Salad; Baked Sweet Potato; Mixed Vegetables
Free Friday Cookie!

Featured Specials of the Day

Monday, October 13

NEW! "Dog in a Blanket" w/ Fresh Baked Flatbread Or Meatballs w/Sauce/ Bun or Deli Sub w/LTO; Crispy Fries; Baked Beans

Tuesday, October 14

Fresh Made Turkey & Gravy Or Chicken Tenders Or Ham & Cheese Sandwich w/LTO; Mashed Potatoes; Green Beans; Fresh Baked Wheat Roll

Wednesday, October 15

Pizza Cheese Stix w/ Marinara Sauce Or Toasted Cheese Sandwich; Or Deli Sub w/ LTO;

Fresh Made Turkey Vegetable Soup



Thursday, October 16

Spaghetti w/ Meat Sauce Or Chicken Tenders Or Cold Sandwich of Choice w/LTO
Steamed Broccoli w/Cheese; Fresh Apple Fruit Salad; Garlic Toast

Friday, October 17

NEW! Personal Pan Pizza Or Manager's Choice Hot Entrée Or Fresh Made Sandwich of Choice; Bakery Wheat Roll; Crisp Potato Wedges; Fruit/Veggie Juice
Free Friday Cookie!

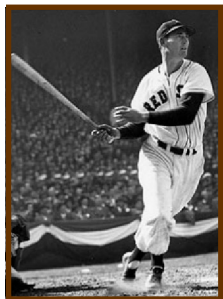


**JOIN US FOR
NATIONAL
SCHOOL LUNCH
WEEK
OCTOBER
13-17, 2014**



★ OUR NATION'S HISTORY ★

October brings the 110th renewal of the Baseball World Series. One of the greatest hitters ever, Ted Williams of the Boston



Red Sox, only played in the World Series once during his long career from 1939 to 1960. During the prime of his career, however, Williams spent the better part of five baseball

seasons serving as a fighter pilot in World War II and the Korean War, flying dozens of combat missions and earning 3 Air Medals.

★ WITH LIBERTY & JUSTICE FOR ALL ★

Now No Fees!

www.myschoolbucks.com

Place money on your children's accounts for meals and/or those "extra treats" they will 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 of the Day

Monday, October 20—'Warm Flatbreads'
Super Meatball Flatbread w/ Melted Cheddar & Mozz. Or
Italian Meat & Pepperoni Flatbread w/ Melted Mozzarella Or
"Dog in a Blanket" w/ Fresh Baked Flatbread
Curley Fries; Golden Corn

Tuesday, October 21
Chicken Tenders Or Spicy BBQ Rib Or Ham & Cheese/ WG Bun
w/LTO; Mashed Potatoes; Green Peas; Fresh Baked Wheat Roll

Wednesday, October 22
Assorted Pizza; Or Cheesy Chicken Pasta Or Combo Meat &
Cheese Sub w/LTO; Mixed Vegetables

Thursday, October 23
Potato Bar w/all the Fixins: Beef Chili Beans w/ 'Tostitos' Scoops
Or Chicken Fillet w/WG Bun Or Turkey & Cheese/ WG Bun w/LTO;
Steamed Broccoli w/cheese

Friday, October 24
Crispy Corn Dog Or Assorted Pizza
Or Fresh Made Chicken Salad on Croissant;
Sweet Potato Triangles; California Blend Veggies;
Fruit/Veggie Juice
Free Friday Cookie

Featured Specials of the Day

Monday, October 27
Professional Development Day
Students do not Attend

Tuesday, October 28
Crisp Pork Chop/ WG Bun Or Potato Crusted Fish/ WG Bun Or
Turkey & Cheese/ WG Bun w/LTO
Macaroni & Cheese; Fresh Steamed Cabbage

Wednesday, October 29
Pizza Cheese Stix w/ Marinara; or Cheesy Beef Pasta Bake Or
Combo Meat & Cheese Sub w/LTO; Fresh Broccoli Salad

Thursday, October 30
Taco Bar w/ all the Fixins: Shr. Cheese; Shr. Lettuce, Diced
Tomatoes w/ WG Tortilla Shell Or Cheesy Chicken Wrap Or Deli
Meat & Cheese Wrap w/LTO; Golden Corn; Pintos w/cheese

Friday, October 31
Crispy Popcorn Chicken Or Assorted Pizza
Or Turkey Ham Club Sandwich; California Blend Veggies;
Fruit/Veggie Juice
Free Friday Cookie

Happy Halloween

DON'T LET THIS HAPPEN TO YOU!!!

DESPITE WHAT SOME
OF HIS CLASSMATES
THOUGHT, JACKSON
WAS NOT WEARING A
FRIGHT MASK.
HE ALWAYS LOOKED
LIKE THIS WHEN HE
**DIDN'T EAT A
HEALTHY LUNCH.**



TRICK.

No matter the time of year, a big old bucket, bag, or pillow case full of all-you-can-eat sugar is never a treat -- for little kids, adults, OR TEENS. For those who feel they MUST collect candy, pick out a couple of favorite pieces and then toss the rest.

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