

# Menus for October 2015

## LYNCHBURG CITY SCHOOLS HIGH SCHOOL MENU

USDA is an equal opportunity provider & employer.  
Menus are subject to change.

### Thursday, October 1

**Buffet Line:** Spaghetti w/ Meat Sauce/ Garlic Bread or Chef's Choice Entrée; Broccoli w/ cheese

**Sub Line:** **FRESH BAKED SUB ROLLS!**

Hot Philly Cheese steak or Combo Deli Sub  
Crisp Potato Wedges; Bag of Chips

### Friday, October 2

**Buffet Line:** Corn Dog or Chef's Choice Entrée; French Fries;

**Friday Specialty Line:** Beef Taco/ Beef & Bean Burrito/ Beef Sliders; Refried Beans; Golden Corn



### Featured Specials of the Day

#### Monday, October 5

**Buffet Lines:** Chicken Breast Fillet/ Bun Or Crisp Corn Dog; Taco Potato Wedges; Lima Beans,

**Grill Line:** All American Grilled Hot Dog—Pick your City Style; Baked Beans; Fresh Cole Slaw

#### Tuesday, October 6

**Buffet Lines:** Chicken Tenders w/ Dinner Roll Or Fresh chef Salad w/ Crackers; Broccoli w/ cheese

**Sub Lines:** **FRESH BAKED SUB ROLLS!**

Hot Sloppy Joe Sub or Cold Combo Deli Sub; Salad; Bag of Chips

#### Wednesday, October 7

**Buffet Lines:** Honey BBQ Rib/ Bun or Beef & Bean Burrito; Creamy Sweet Potatoes

**Pizzeria Lines:** Assorted Pizza—Meat, Veggie, & Fiesta Or MAX sticks w/ marinara

#### Thursday, October 8

**Buffet Lines:** Fajita Strips w/ Tortilla Shell and Red & Green Pepper Strips Or Jalapeno Beef Sliders; Brown Rice

**Sub Lines:** **FRESH BAKED SUB ROLLS!**

Hot Ham & Cheese Sub Or Cold Italian Sub; Salad; Bag of Chips

#### Friday, October 9

**Buffet Lines:** Potato Crusted Fish Fillet/ Bun Or Salisbury Steak w/ Gravy; Tater Tots; Beets

**Specialty Lines:** "Brunch for Lunch" - Cheesy Eggs; Sausage Links; Baked Apples; Swirl Roll

**Free Friday Cookie**



### Featured Specials of the Day

#### Monday, October 12

**Buffet Lines:** Crisp Chicken Breast Fillet/ Bun Or Delicious Texas BBQ/ Bun; Potato Wedges; Baked Beans, Crunchy Cole Slaw

**Grill Line:** Freshly Grilled Burgers with Melted Cheese; Potato Wedges; Baked Beans; Toppings

#### Tuesday, October 13

**Buffet Lines:** Chicken Breast "Smackers" w/ Breadstick Or Fresh Chef Salad w/ Crackers; Collard Greens

**Sub Lines:** **FRESH BAKED SUB ROLLS!**

Hot Steak 'n Gravy Sub or Cold Combo Deli Sub  
Crisp Potato Wedges; Bag of Chips

#### Wednesday, October 14

**Buffet Lines:** Pepper Steak/ Bun Or Fresh Made Chicken Salad/ Croissant, Fresh Steamed Squash

**Pizzeria Lines:** Beef Taco Flatbread Pizza w/ Cheese & Ranch; Fiesta Pizza

#### Thursday, October 15

**Buffet Line:** Turkey & Gravy w/ Roll Or BBQ Rib/ Bun; Mashed Potatoes; Green Beans

**Sub Line:** **FRESH BAKED SUB ROLLS!**

Cold Ham & Cheese Wrap Or Hot Fajita & Cheese Sub; French Fries; Bag of Chips

#### Friday, October 16

#### Early Dismissal Day, Grab & Go

Sandwich of Choice; Veggies; Fresh Fruit; 100% Fruit/Veggie Juice

### Available Daily

**Fully Stocked Salad Bar w/ Assorted Fruits**

**Choice of Milk with every Meal**

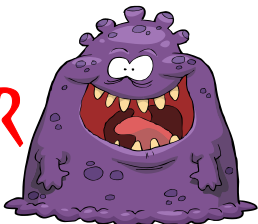
**1% & Skim White and Fat-Free Flavored**

**DON'T LET THIS  
HAPPEN  
TO YOU!**



IT HAPPENED EVERY TIME SHARI  
**DIDN'T EAT A GOOD  
LUNCH.** BY FIFTH PERIOD,  
SHE HAD TURNED INTO  
SOME KIND OF A  
**HIDEOUS MONSTER!**

**ARE YOU  
READY FOR  
THIS GUY?**



The flu bug makes the scene in October and can hang around until May! Protect yourself. The flu vaccine can keep the bug at bay, help limit the spread of the flu in our community, and make the illness less severe if you do come down with it.

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

**BREAK DAYS—10/20 & 10/21  
2 DAYS OFF FOR STUDENTS & STAFF**



**OPTIONAL INTERVENTION DAYS**  
Only Invited Students Attend  
Oct. 21—23

### **Grab & Go Lunches / Partial Days**

#### **Wednesday, October 21**

Hot or Cold Sandwich; Veggies; Fresh Fruit  
OR 100% Fruit/Veggie Juice

#### **Thursday, October 22**

Hot or Cold Sandwich; Veggies; Fresh Fruit  
OR 100% Fruit/Veggie Juice

#### **Friday, October 23**

Hot or Cold Sandwich; Veggies; Fresh Fruit  
OR 100% Fruit/Veggie Juice

### *Featured Specials of the Day*

#### **Monday, October 26**

**Buffet Lines:** Chicken Breast Fillet/ Bun Or Crisp Corn Dog; Potato Wedges; Home-Style Baked Beans,  
**Grill Line:** All American Grilled Hot Dog—Pick your City Style; Baked Beans; Fresh Cole Slaw

#### **Tuesday, October 27**

**Buffet Lines:** Chipotle Chicken Nuggets w/ Dinner Roll Or Fresh chef Salad w/ Crackers; Mashed Potatoes; Fresh Fzn. Green Peas  
**Sub Lines:** **FRESH BAKED SUB ROLLS!**  
Hot Sloppy Joe Sub or Cold Combo Deli Sub; Salad; Bag of Chips

#### **Wednesday, October 28**

**Buffet Lines:** Chicken Fajita Or Crisp Corn Dog; Brown Rice; Glazed Carrots  
**Pizzeria Lines:** Assorted Pizza—Meat, Veggie, & Fiesta Or MAX sticks w/ marinara

#### **Thursday, October 29**

**Buffet Lines:** Spaghetti w/ Meat Sauce/ Garlic Bread or Chef's Choice Entrée; Broccoli w/ cheese  
**Sub Lines:** **FRESH BAKED SUB ROLLS!**  
Hot Ham & Cheese Sub Or Cold Italian Sub; Salad; Bag of Chips

#### **Friday, October 30**

**Buffet Lines:** Potato Crusted Fish Fillet/ Bun Or Manager's Choice Entrée; Fresh Baked Potato  
**Specialty Lines:** Beef Taco w/ soft shell Or Beef & Bean Burrito; Refried Beans; Golden Corn

**Free Friday Cookie**

**Happy Halloween**

## **Meals for Optional Intervention Days**



Parents,  
Please check with your child's school for Intervention operating hours. During Intervention Days, School Nutrition will provide breakfast and lunch to **ALL** students at **ALL** Schools at **NO Charge**.