

Featured Specials of the Day

Monday, October 3

BACON CHEESEBURGER ON WG BUN
BREADED PORK STEAK W/BISCUIT
B-Y-O NACHOS OR TACO SALAD BOWL

Tuesday, October 4

MEATBALL & MOZZARELLA SUB
ASIAN CHICKEN & VEG EGG ROLL W/RICE
B-Y-O POTATO BAR W/WG BISCUIT

Wednesday, October 5

SHRIMP PO' BOY SANDWICH
BAKED CHICKEN W/CORN MUFFIN
B-Y-O NACHOS OR TACO SALAD BOWL

Thursday, October 6

CAROLINA PORK BBQ ON WG BUN
MACARONI & CHEESE W/BREAD STICK
B-Y-O POTATO BAR W/BREAD STICKS

Friday, October 7

PHILLY STYLE CHEESE STEAK SUB
CHICKEN FAJITA W/MEXICAN RICE
B-Y-O NACHOS OR TACO SALAD BOWL

MENUS FOR OCTOBER 2016



Lynchburg City Schools High School Menus

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

Grab & Go Menu

Monday

CHEF SALAD W/CROUTONS & CRACKERS
ALL AMERICAN CLUB SUB W/FRESH FRUIT OR VEGGIE
PEANUT BUTTER CUP PROTEIN PACK W/BAGEL

Tuesday

SOUTH WEST CHICKEN SALAD W/TORTILLA CHIPS
SOUTH WEST CHICKEN WRAP W/FRESH FRUIT OR VEGGIE
HUMMUS & PASTA PROTEIN PACK W/PITA POINTS

Wednesday

ASIAN CHICKEN SALAD W/PITA POINTS
ITALIAN DELI SUB W/FRESH FRUIT OR VEGGIE
FRUIT & YOGURT PARFAIT W/GRANOLA

Thursday

CITRUS HERB CHICKEN SALAD W/CROUTONS & CROISSANT
SMOKED TURKEY & SWISS CROISSANT
HUMMUS & FRUIT PROTEIN PACK W/PITA POINTS

Friday

BUFFALO CHICKEN SALAD W/CROUTONS & CRACKERS
BUFFALO CHICKEN WRAP W/FRESH FRUIT OR VEGGIE
PEANUT BUTTER CUP PROTEIN PACK W/BAGEL

PLEASE
SEE REVERSE
FOR ITEMS
AVAILABLE DAILY

Featured Specials of the Day

Monday, October 10

BBQ CHICKEN FLATBREAD
ITALIAN PIZZA DIPPERS W/MARINARA SAUCE
B-Y-O NACHOS OR TACO SALAD BOWL

Tuesday, October 11

PORK BBQ RIB ON WG BUN
BUFFALO CHICKEN CHUNKS W/WG BISCUIT
B-Y-O POTATO BAR W/WG BISCUIT

Wednesday, October 12

HAM, EGG & CHEESE BREAKFAST MUFFIN
BREAKFAST FOR LUNCH
B-Y-O NACHOS OR TACO SALAD BOWL

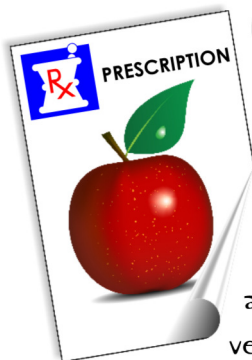
Thursday, October 13

HOT CUBAN PORK SANDWICH
FISH & SHRIMP PLATE W/CORN MUFFIN
B-Y-O POTATO BAR W/CORN MUFFIN

Friday, October 14

POTATO CRUSTED FISH FILLET ON WG BUN
SZECHWAN CHICKEN W/RICE
B-Y-O NACHOS OR TACO SALAD BOWL

JUST WHAT THE DOCTOR ORDERED.



Experts urge that we eat 5-9 servings of fruits and vegetables every day – and a growing number of American doctors are putting that advice in writing by actually prescribing fruits and vegetables for their patients.

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


THE Top 10 Artists
for the week ending
October 1, 2016


LIST

- 1/Drake
- 2/twenty one pilots
- 3/The Chainsmokers
- 4/Rihanna
- 5/Travis Scott
- 6/A Day To Remember
- 7/Adele
- 8/Ariana Grande
- 9/Beyonce
- 10/Florida Georgia Line

Source:
Billboard

★ OUR NATION'S HISTORY ★





This year, the United States National Park Service turns 100 years old. Two years later, Yellowstone became our first official national park when the Army turned management of the park over to the new National Park Service in October 1918. The poster to the right is an ad from the 1920's for railroad trips to Yellowstone to see the new park's amazing geysers and plentiful wildlife. In 2015, over 4 million people visited Yellowstone and, for the first time, visitors to all 400+ Park Service sites topped 300 million!

★ WITH LIBERTY & JUSTICE FOR ALL ★

INTERSESSION
Menu Highlights

Monday, October 17
 BACON CHEESEBURGER ON WG BUN
 BREADED CHICKEN BREAST PATTY ON WG BUN

Tuesday, October 18
 PIZZERIA STYLE PIZZA
 ITALIAN DELI SUB

Wednesday, October 19
 CAROLINA PULLED PORK BBQ ON WG BUN
 BREADED CHICKEN BREAST PATTY ON WG BUN



Begins Thursday, October 20
 Classes Resume Monday, Oct. 24

Featured Specials of the Day

Monday, October 24
 BACON CHEESEBURGER ON WG BUN
 BREADED PORK STEAK W/BISCUIT
 B-Y-O NACHOS or TACO SALAD BOWL

Tuesday, October 25
 MEATBALL & MOZZARELLA SUB
 ASIAN CHICKEN & VEG EGG ROLL W/RICE
 B-Y-O POTATO BAR W/WG BISCUIT

Wednesday, October 26
 SHRIMP PO' BOY SANDWICH
 BAKED CHICKEN W/CORN MUFFIN
 B-Y-O NACHOS or TACO SALAD BOWL

Thursday, October 27
 CAROLINA PORK BBQ ON WG BUN
 MACARONI & CHEESE W/BREAD STICK
 B-Y-O POTATO BAR W/BREAD STICKS

Friday, October 28
 PHILLY STYLE CHEESE STEAK SUB
 CHICKEN FAJITA W/MEXICAN RICE
 B-Y-O NACHOS or TACO SALAD BOWL

Monday, October 31
 BBQ CHICKEN FLATBREAD
 ITALIAN PIZZA DIPPERS W/MARINARA SAUCE
 B-Y-O NACHOS or TACO SALAD BOWL



AVAILABLE DAILY

PIZZERIA STYLE PIZZA

GRILLED CHICKEN BREAST SANDWICH

SPICY CHICKEN BREAST SANDWICH

BREADED CHICKEN BREAST SANDWICH

INCLUDED WITH LUNCH

2 SERVINGS OF FRUIT

2 SERVINGS OF VEGETABLES

8 OZ MILK



RED
RIBBON
WEEK

OCTOBER 23-31, 2016

Join students,
 teachers,
 parents, and
 other folks all
 over America in
 celebrating drug-
 free lifestyles this
 week! Wear a red
 ribbon to show
 your commitment!