


MENUS FOR OCTOBER 2016



Lynchburg City Schools—Middle School Menus

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



BREAKFAST MENUS

MONDAYS Sausage Biscuit Pillsbury WG FRUDEL WG Pop Tart & Yogurt	THURSDAYS Breakfast Pizza Pillsbury WG Mini Cinnis Yogurt Parfait & Granola
TUESDAYS Breakfast Pizza Pillsbury WG MINI PANCAKES Yogurt Parfait & Granola	FRIDAYS Bacon, Egg & Cheese Sandwich Pillsbury WG MINI PANCAKES WG Pop Tart & Yogurt
WEDNESDAYS Breakfast Chicken Slider Pillsbury WG FRUDEL WG Muffin & Yogurt	Assorted Cold Cereals & Grahams offered daily Breakfast Includes: Breakfast Entrée, Fruit Juice, 1 Serving of Fruit, 1% or Fat Free Milk



JOIN US FOR NATIONAL SCHOOL LUNCH WEEK OCTOBER 10-14, 2016

Grab n' Go Lunch Menu

Mondays
Chef Salad w/Croutons & Crackers
All American Club Sub
Hummus Cup Protein Pack

Tuesdays
Southwest Chicken Salad w/Tortilla Chips
Southwest Chicken Wrap
JIF Cup Protein Pack

Wednesdays
Asian Chicken Salad w/Pita Points
Italian Deli Sub
Yogurt Cup Protein Pack

Thursdays
Buffalo Chicken Salad w/Croutons & Crackers
Buffalo Chicken Wrap
Hummus Cup Protein Pack

Fridays
Citrus Herb Chicken Salad w/Croissant
Smoked Turkey & Swiss Croissant
Yogurt Cup Protein Pack

Daily
Grilled or Breaded Chicken Sandwich
Served with Potatoes and Pickle Spear
PBJ Unrustable Combo Meal

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 required offering. All meals include .8oz Milk.

Monday, October 3

Main Line Entrées
(Choose 1)
100% Beef Patty on WG Bun
Offered with or without American Cheese
All American Sub w/Deli Pickle
Breaded Pork Steak w/WG Biscuit

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

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

Tuesday, October 4

Main Line Entrées
(Choose 1)
Meatball & Mozzarella Sub
Southwest Chicken Wrap
Taco Salad Bowl

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

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

Wednesday, October 5

Main Line Entrées
(Choose 1)
Shrimp Po' Boy Sandwich
Italian Deli Sub
Baked Chicken w/Corn Muffin

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

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

Thursday, October 6

Main Line Entrées
(Choose 1)
Carolina Style Pork BBQ on WG Bun
Buffalo Chicken Wrap
School Made Mac & Cheese w/Biscuit

Vegetable Sides
(Choose 2)
Steamed Broccoli
Creamy Cole Slaw

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

Friday, October 7

Main Line Entrées
(Choose 1)
Philly Cheese Steak Sub
Smoked Turkey & Swiss Croissant
Pizza Crunchers

Vegetable Sides
(Choose 2)
Baby Carrots w/Ranch Dip
Savory Potato Wedges

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

Monday, October 10

Main Line Entrées
(Choose 1)
All Beef Hot Dog on WG Bun
All American Sub w/Deli Pickle
Pizza Dippers w/Pizza dipping Sauce

Vegetable Sides
(Choose 2)
Southern Baked Beans
Crispy Tater Coins

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

Tuesday, October 11

Main Line Entrées
(Choose 1)
Honey Pork BBQ Rib on WG Bun
Southwest Chicken Wrap
Cheesy Beef Nachos

Vegetable Sides
(Choose 2)
Refried Beans w/Salsa & Cheese
Golden Sweet Corn

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

Wednesday, October 12

Main Line Entrées
(Choose 1)
Ham, Egg & Cheese English Muffin
Italian Deli Sub
Breakfast for Lunch

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

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

Thursday, October 13

Main Line Entrées
(Choose 1)
Popcorn Chicken Bites w/Breadstick
Buffalo Chicken Wrap
Spaghetti & Meatballs w/Breadstick

Vegetable Sides
(Choose 2)
Fresh Broccoli Salad
California Vegetable Medley

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

Friday, October 14

Main Line Entrées
(Choose 1)
Potato Crusted Fish Fillet on WG Bun
Smoked Turkey & Swiss Croissant
Pizza Slice w/Selection of Toppings

Vegetable Sides
(Choose 2)
Baby Carrots w/Ranch Dip
Crinkle Cut Potato Fries

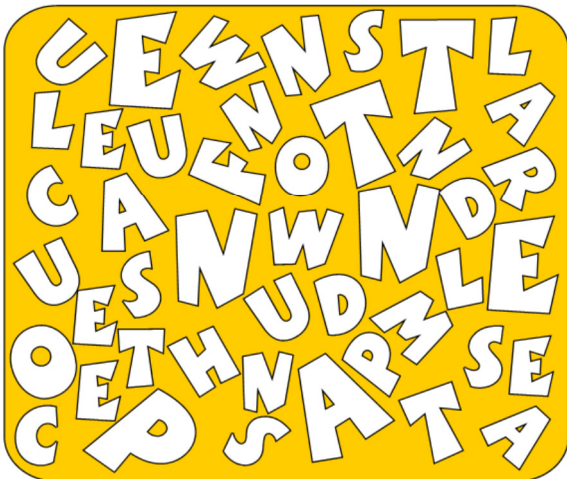
Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit



What food isn't so nutty after all?

Nuts and seeds are an incredible snack, full of protein, fiber, and great taste! But one popular treat that you might think belongs with the nuts on this list isn't really a nut at all. To discover the answer, find and color all of the letters in each word on the list, and then unscramble the leftover letters to learn the name of the nutty food that's not really a nut!

Walnut Pecan Almond
Chestnut Sunflower Seeds



ANSWER:

These "nuts" are actually a "legume" or type of bean. They contain more protein than true nuts, plus lots of vitamins, minerals, and fiber. So whatever you call them, go ahead and go nuts!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, October 17

FALL INTERSESSION

Lunch Entrées

(Choose 1)

- Corn Dog Nuggets
- PB&J Uncrustable Combo Meal

Lunch Sides

(All Included)

- Crispy Tater Coins
- Seasoned Pinto Beans
- Applesauce Cup

Tuesday, October 18

Lunch Entrées

(Choose 1)

- Pizza Crunchers
- Italian Deli Sub

Lunch Sides

(All Included)

- Steamed Broccoli
- Romaine Garden Salad
- Sweet Strawberry Cup

Wednesday, October 19

Lunch Entrées

(Choose 1)

- Crispy Chicken Breast Filet
Served on WG Bun
- PB&J Uncrustable Combo Meal

Lunch Sides

(All Included)

- Green Beans
- Rosemary Redskin Potatoes
- Diced Freestone Peaches



Monday, October 24

Main Line Entrées

(Choose 1)

- 100% Beef Patty on WG Bun
Offered with or without American Cheese
- All American Sub w/Deli Pickle
- Breaded Pork Steak w/WG Biscuit

Vegetable Sides

(Choose 2)

- Lima Beans
- Mashed Potatoes & Gravy

Fruit Sides

(Choose 1)

- Chilled Cupped Fruit
- Fresh Whole Fruit

Tuesday, October 25

Main Line Entrées

(Choose 1)

- Meatball & Mozzarella Sub
- Southwest Chicken Wrap
- Taco Salad Bowl

Vegetable Sides

(Choose 2)

- Seasoned Pinto Beans
- Golden Sweet Corn

Fruit Sides

(Choose 1)

- Chilled Cupped Fruit
- Fresh Whole Fruit

Wednesday, October 26

Main Line Entrées

(Choose 1)

- Shrimp Po' Boy Sandwich
- Italian Deli Sub
- Baked Chicken w/Corn Muffin

Vegetable Sides

(Choose 2)

- Green Beans
- Rosemary Red Skin Potatoes

Fruit Sides

(Choose 1)

- Chilled Cupped Fruit
- Fresh Whole Fruit

Thursday, October 27

Main Line Entrées

(Choose 1)

- Carolina Style Pork BBQ on WG Bun
- Buffalo Chicken Wrap
- School Made Mac & Cheese w/Biscuit

Vegetable Sides

(Choose 2)

- Steamed Broccoli
- Creamy Cole Slaw

Fruit Sides

(Choose 1)

- Chilled Cupped Fruit
- Fresh Whole Fruit

Friday, October 28

Main Line Entrées

(Choose 1)

- Philly Cheese Steak Sub
- Smoked Turkey & Swiss Croissant
- Pizza Crunchers

Vegetable Sides

(Choose 2)

- Baby Carrots w/Ranch Dip
- Savory Potato Wedges

Fruit Sides

(Choose 1)

- Chilled Cupped Fruit
- Fresh Whole Fruit

Monday, October 31

Main Line Entrées

(Choose 1)

- All Beef Hot Dog on WG Bun
- All American Sub w/Deli Pickle
- Pizza Dippers w/Pizza dipping Sauce

Vegetable Sides

(Choose 2)

- Southern Baked Beans
- Crispy Tater Coins

Fruit Sides

(Choose 1)

- Chilled Cupped Fruit
- Fresh Whole Fruit

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