

LYNCHBURG CITY SCHOOLS
SEPTEMBER, 2015
MENUS For HIGH SCHOOLS



USDA IS AN EQUAL OPPORTUNITY EMPLOYER & PROVIDER

available daily

**Fully Stocked Salad Bar
And Assorted Fruits**

**Choice of Milk with every Meal
1% & Skim White &
Fat-Free Flavored**

Menu Subject to Change

Now No Fees!

www.myschoolbucks.com

Easy, Smart, Secure!

Featured Specials of the Day

Monday, August 31

Buffet Line: Honey BBQ Rib/ Bun Or Corn Dog; Ranch Potato Wedges; Baked Beans

Grill Line- Grilled Burgers w/ Melted Cheese & all the fixins; Potato Wedges; Baked Beans

Tuesday, September 1

Buffet Line: Chicken Tenders or Corn Dog Mac & Cheese; Seasoned Green Peas; Dinner Roll

Sub Line: *FRESH BAKED SUB ROLLS!*
Hot Italian Meat Sub or Cold Combo Deli Sub
Crisp Potato Wedges; Bag of Chips w/ all subs

Wednesday, September 2

Buffet Line: Crisp Chicken Fillet/ Bun Or Salisbury Steak w/ gravy; Collard Greens

Pizzeria Line: Assorted Pizza– Meat Lovers, Veggie, Fiesta Pizza; Salad Bar; Fruit

Thursday, September 3

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

Sub Line: *FRESH BAKED SUB ROLLS!*
Cold Ranch Chicken Club, Hot Ham & Cheese Sub; Bag of Chips

Friday, September 4

Buffet Line: Crispy Fish Bites or Assorted Pizza; Spiral Potatoes; Cole Slaw

Friday Specialty Line: Beef Taco/ Beef & Bean Burrito/ Beef Sliders; Refried Beans; Mexican Rice

Free Friday Cookie!

Featured Specials of the Day

Monday, September 7



Tuesday, September 8

Buffet Line: Crisp Chicken Fillet / Bun or Spicy BBQ Rib/ Bun; Creamy Sweet Potatoes; Fresh Chef Salad w/ Crackers

Sub Line: *FRESH BAKED SUB ROLLS!*
Cold Combo Sub; Hot Steak Sub w/ sautéed Onions & Peppers; Bag of Chips; Fresh Chef Salad w/ Crackers

Wednesday, September 9

Buffet Line: Hot Dog/ Bun or Beef & Bean Burritos; Potato Wedges; Crisp Cole Slaw

Pizzeria Line: Assorted Pizza– Meat Lovers, Veggie, Fiesta Pizza; or Cheesy Pizza Sticks w/ Marinara Sauce

Thursday, September 10

Buffet Line: Meat & Cheese Pasta Bake w/ roll or Chicken Fillet/ Bun; Baked Beans

Sub Line: *FRESH BAKED SUB ROLLS!*
Cold Club Sub or Hot Italian Sub; Bag of Chips

Friday, September 11

Buffet Line: Texas BBQ/ Bun or Manager's Choice Entrée; Hot Veggie of Choice; 100% Fruit/ Veggie Juice

Friday Specialty Line: *"International Lunch"*
Aloha Chicken w/ Pineapple BBQ Sauce, Carrots or "Mahi-Mahi" fish bites Wrap; Cole Slaw; Luau Biscuit; 100% Fruit/Veggie Juice

Free Friday Cookie!

Featured Specials of the Day

Monday, September 14

Buffet Line: Chicken Fillet/ Bun or Ham & Cheese Sandwich; Baked Beans; Golden Corn

Grill Line: All American Hot Dog—Pick a City!
Baked Beans; Fresh Cole Slaw

Tuesday, September 15

Buffet Line: Teriyaki Chicken or Beef BBQ Rib/ Bun; Brown Rice; Glazed Carrots

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

Hot Teriyaki Chicken Sub w/ sautéed Onions or Cold Combo Deli Sub; Bag of Chips

Wednesday, September 16

Buffet Line: Spicy Chicken Fillet/ Bun or Manager's Choice Entree/ roll; Mashed Potatoes; Green Peas

Pizzeria Line: BBQ Chicken Flatbread Pizza or Cheesy Pizza Sticks w/ Marinara Sauce

Thursday, September 17

Buffet Line: Beef Chili Beans w/ Scoops or Crisp Pork Chop/ Bun; Seasoned Green Beans

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

Cold Italian Sub or Hot Philly Cheesesteak w/ onions, peppers; Bag of Chips

Friday, September 18

Buffet Line: Crisp Chicken Fillet/ Bun or Chef's Choice Entrée; Potato Wedges/ Hot Veggie

Fresh Potato Bar: Honey BBQ Rib/ Bun or Baked Potato w/ Chili Beans, Broccoli, Cheese Sauce, sour cream, bacon bits

Free Friday Cookie!

Featured Specials of the Day

Monday, September 21

Buffet Line: Chicken Fillet/ Bun or Deli Meat & Cheese Sandwich; Baked Beans; Tater Tots

Grill Line: Grilled Burgers w/ Melted Cheese & all the fixins; Potato Wedges; Baked Beans

Tuesday, September 22

Buffet Line: Chicken Tenders or Corn Dog
Mac & Cheese; Seasoned Green Peas; Dinner Roll

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

Hot Italian Meat Sub or Cold Combo Deli Sub
Crisp Potato Wedges; Bag of Chips

Wednesday, September 23

Buffet Line: Chicken 'n Gravy or Salisbury Steak w/ Gravy; Mashed Potatoes; Turnip Greens; Roll

Pizzeria Line: Assorted Pizza— Meat Lovers, Veggie, Fiesta Pizza; Salad Bar; Fruit

Thursday, September 24

Buffet Line: Meat & Cheese Pasta Bake or Chicken Alfredo; Seasoned Green Beans

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

Cold Ranch Chicken Club, Hot Ham & Cheese Sub; Bag of Chips

Friday, September 25

Buffet Line: Potato Crusted Fish Fillet/ Bun or Meat & Cheese Sandwich; Broccoli w/ cheese

Friday "Specialty Salads": Fresh Made Chicken Salad/ Croissant or Ham Salad/ Croissant
Fresh Made Broccoli Salad

Free Friday Cookie!

Featured Specials of the Day

Monday, September 28

Buffet Line: Chicken Fillet/ Bun or Sandwich of Choice; Baked Beans; Fresh Cole Slaw

Grill Line: All American Hot Dog—Pick a City!
Baked Beans; Fresh Cole Slaw

Tuesday, September 29

Buffet Line: Teriyaki Chicken or Beef BBQ Rib/ Bun; Brown Rice; Glazed Carrots

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

Hot Teriyaki Chicken Sub w/ sautéed Onions or Cold Combo Deli Sub; Bag of Chips

Wednesday, September 30

Buffet Line: Popcorn Chicken/ Roll or Spicy Chicken Fillet/ Bun; Mashed Potatoes; Green Beans

Pizzeria Line: BBQ Chicken Flatbread Pizza or Cheesy Pizza Sticks w/ Marinara Sauce

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 Cheesesteak 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

Free Friday Cookie!