

LYNCHBURG CITY SCHOOLS
SEPTEMBER, 2015
MENUS For MIDDLE 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

ENTRÉES: Hot Dog/ Bun w/wo Chili Or
Beef Meatballs / Bun w/cheese or Deli Sandw.

SIDES: Home-style Baked Beans; Cole
Slaw; Assorted Fruit; Salad Bar

Tuesday, September 1

ENTREES: Popcorn Chicken or Sliced Ham;
Or Sandwich of Choice

SIDES: Mashed Potatoes; Green Peas;
Salad Bar; Assorted Fruit ; Wheat Roll

Wednesday, September 2

ENTREES: Chicken Fajita w/ shr. Cheese
or Chef Salad w/ turkey ham & bacon

SIDES: Golden Corn; Fresh Strawberries;
Salad Bar

Thursday, September 3

ENTREES: Cheesy Scrambled Eggs w/
Sausage Or Pizza Sticks w/ Sauce

SIDES: Crispy Tater Tots; Baked Apples;
100% Fruit/Veggie Juice; "Buttered Toast";
Salad Bar

Friday, September 4

ENTREES: Honey BBQ Rib/ Bun Or Potato
Crusted Fish Fillet/ Bun

SIDES: Sweet Potato Puffs; Broccoli w/
cheese; Assorted Fruit; Salad Bar

Free Friday Cookie!

Featured Specials of the Day

Monday, September 7

★ **LABOR DAY** ★

Tuesday, September 8

ENTREES: Cheeseburger/ Bun Or Crisp
Pork Chop/ Bun Or Deli Sandwich w/cheese;

SIDES: Crispy Potato Wedges; Home-
Style Baked Beans; Assorted Fruit
Choices; Salad Bar

Wednesday, September 9

ENTREES: Assorted Pizza Wedge Or
PBJ Jamwich Or Deli Sandwich

SIDES: Hot Vegetable of Choice;
Assorted Fruit Choices; Salad Bar

Thursday, September 10

ENTREES: Beef Chili Beans w/ shr.
Cheese, baked "Tostitos Scoops" Or Deli
Meat & Cheese Roll-up

SIDES: Golden Corn; Veggie of Choice;
Assorted Fruit Choices; Salad Bar

Friday, September 11

ENTREES: Chicken Nuggets Or
Manager's

Choice Entrée Or Sandwich of Choice

SIDES: Mashed Potatoes; Glazed
Carrots; 100% Fruit/Veggie Juice; Salad
Bar; Dinner Roll

Free Friday Cookie!

Featured Specials of the Day

Monday, September 14

ENTREES: Hot Dog/ Bun w/wo Chili Or Beef Meatballs / Bun w/cheese Or Deli Sandwich

SIDES: Home-style Baked Beans; Cole Slaw; Assorted Fruit; Salad Bar

Tuesday, September 15

ENTREES: Teriyaki Chicken or Sliced Ham; Sandwich of Choice

SIDES: Brown Rice; Glazed Carrots; Salad Bar; Assorted Fruit; Wheat Roll

Wednesday, September 16

ENTREES: Assorted Pizza Wedge or PBJ or Sandwich of Choice

SIDES: Black-eye Peas; Fruit Choices; Salad Bar

Thursday, September 17

ENTREES: Spaghetti w/ Meat Sauce or Meat & Cheese Roll-up or Sandwich of Choice

SIDES: Golden Corn; Assorted Fruit; Salad Bar

Friday, September 18

ENTREES: Potato Crusted Fish Fillet/ Bun or Manager's Choice

SIDES: Sweet Potato Puffs; Broccoli w/ cheese; 100% Fruit/Veggie Juice; Salad Bar

Free Friday Cookie!

Featured Specials of the Day

Monday, September 21

ENTREES: Cheeseburger/ Bun Or Crisp Chicken Fillet/ Bun Or Deli Sandwich

SIDES: Home-style Baked Beans; Crispy Potato Wedges; Assorted Fruit; Salad Bar

Tuesday, September 22

ENTREES: Mini Corn Dogs or Diced Turkey Ham Or Sandwich of Choice

SIDES: Mashed Potatoes; Green Peas; Assorted Fruit; Fresh Baked Wheat Roll; Salad Bar

Wednesday, September 23

ENTREES: Assorted Pizza Wedge Or Deli Sandwich Or Hot Sandwich on bun

SIDES: Hot Vegetable of choice; Assorted Fruit; Salad Bar

Thursday, September 24

ENTREES: Cheesy Scrambled Eggs w/ Sausage Or Pizza Sticks w/ Sauce; or Manager's Choice

SIDES: Crispy Tater Tots; Baked Apples; 100% Fruit/Veggie Juice; "Buttered Toast"; Salad Bar

Friday, September 25

Early Dismissal—Grab & Go

ENTREES: PBJ or Sandwich of Choice

SIDES: Fresh Baby Carrots; Apple; Fruit/Veggie Juice **Bag of Graham Cookies!**

Featured Specials of the Day

Monday, September 28

ENTREES: Hot Dog/ Bun w/wo Chili Or Beef Meatballs/ Bun w/cheese or Deli Sandw.

SIDES: Pinto Beans w/ cheese; Cole Slaw; Assorted Fruit; Salad Bar

Tuesday, September 29

ENTREES: Chicken Nuggets or Diced Turkey Breast w/ Gravy or Sandw of Choice

SIDES: Mashed Potatoes; Green Peas; Salad Bar; Assorted Fruit; Wheat Roll

Wednesday, September 30

ENTREES: Assorted Pizza Wedge or PBJ Or Deli Sandwich

SIDES: Hot Vegetable of Choice; Assorted Fruit; Salad Bar

Thursday, October 1

ENTREES: Chicken Fajita on Soft Shell w/ shr. Cheese or Meat & Cheese Roll-up

SIDES: Golden Corn; Carrots; Assorted Fruit; Salad Bar

Friday, October 2

ENTREES: Chicken Fillet/ Bun or Manager's Choice Entree

SIDES: Sweet Potato Puffs; Broccoli w/ cheese; 100% Fruit/Veggie Juice; Salad Bar

