

# Menus for September 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

## Featured Specials of the Day

### Thursday, September 1

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

### Friday, September 2

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

### Monday, September 5

## ★ LABOR DAY ★

### Tuesday, September 6

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

### Wednesday, September 7

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

### Thursday, September 8

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

### Friday, September 9

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

**THE Top 10 Artists**  
for last week of  
July 2016

**LIST**

1/**Blink-182**  
2/**Drake**  
3/**twenty one pilots**  
4/**Rihanna**  
5/**Justin Bieber**  
6/**Beyonce** 7/**Adele**  
8/**Maxwell** 9/**Meghan Trainor**  
10/**Justin Timberlake**

Source:  
Billboard

**eatfit** wanna stay fit?  
gotta eat right!



**item:**  
grilled  
veggies  
**verdict:**  
**AYCE**

**tip:** As in "all you can eat." Cut veggies into pieces and put on skewers. Include some fresh pineapple for sweetness. Brush with olive oil. Eat. Keep eating. Eat some more.



## 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



# 59 BY THE NUMBERS

THE PERCENTAGE OF TEENAGERS WHO REPORT WATCHING COOKING OR FOOD SHOWS ON TV OR ON-LINE.

## Featured Specials of the Day

### Monday, September 12

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

### Tuesday, September 13

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

### Wednesday, September 14

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

### Thursday, September 15

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

### Friday, September 16

POTATO CRUSTED FISH FILLET on WG BUN  
SZECHWAN CHICKEN w/RICE  
B-Y-O NACHOS or TACO SALAD BOWL

## Featured Specials of the Day

### Monday, September 19

BACON CHEESEBURGER on WG BUN  
BREADED PORK STEAK w/BISCUIT  
B-Y-O NACHOS or TACO SALAD BOWL

### Tuesday, September 20

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

### Wednesday, September 21

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

### Thursday, September 22

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

### Friday, September 23

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

please see reverse for items available daily



Wwww.myschoolbucks.com

# 10 x 2.

Here's a simple way to roll a wellness "strike" twice a day, every day. Add just 10 minutes of daily exercise



to whatever you're doing now. And get to bed just 10 minutes earlier than usual. Easy formula for improved wellness, right? Might even improve your bowling game!

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

## Featured Specials of the Day

### Monday, September 26

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

### Tuesday, September 27

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

### Wednesday, September 28

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

### Thursday, September 29

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

### Friday, September 30

POTATO CRUSTED FISH FILLET on WG BUN  
SZECHWAN CHICKEN w/RICE  
B-Y-O NACHOS or TACO SALAD BOWL

Writing checks for school meals is

ANCIENT HISTORY

