



MENUS FOR SEPTEMBER 2017

Lynchburg City Schools High School Menus

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

Grab n' Go Menus

Monday
CHEF SALAD w/CROUTONS & CRACKERS
ALL AMERICAN CLUB SUB w/L-T-P & FRESH FRUIT OR VEGGIES
SMUCKER'S PBJ & CHEESE CUBES w/FRESH FRUIT, VEGGIES & SOFT PRETZEL BITES

Tuesday
SOUTHWEST CHICKEN SALAD w/TORTILLA CHIPS
HAM & CHEESE SUB w/L-T-P & FRESH FRUIT OR VEGGIES
HUMMUS & CHEESE CUBES w/SWEET PEPPER STRIPS, CARROTS & TORTILLA CHIPS

Wednesday
ASIAN CHICKEN SALAD w/PITA POINTS
ITALIAN DELI SUB w/L-T-P & FRESH FRUIT OR VEGGIES
FRUIT & YOGURT PARFAIT w/GRANOLA & FRESH FRUIT

Thursday
BISTRO CHICKEN PASTA SALAD w/GARLIC BREAD STICK
TURKEY & SWISS SUB w/L-T-P & FRESH FRUIT OR VEGGIES
HUMMUS & CHEESE CUBES w/SWEET PEPPER STRIPS, CUCUMBER & PITA POINTS

Friday
BUFFALO CHICKEN SALAD w/SOFT PRETZEL BITES
MANAGER'S CHOICE DELI SANDWICH w/L-T-P & FRESH FRUIT OR VEGGIES
SMUCKER'S PBJ & GREEK YOGURT w/FRESH FRUIT, VEGGIES & SOFT PRETZEL BITES

Featured Specials of the Day

Friday, September 1
EARLY DISMISSAL
SAUSAGE, EGG & CHEESE BISCUIT
SMUCKER'S PBJ, GREEK YOGURT & GRANOLA

Monday, September 4
★ LABOR DAY ★

Tuesday, September 5
MACARONI & CHEESE w/BUTTERMILK BISCUIT
HOT HONEY SRIRACHA CHICKEN SUB
B-Y-O BAKED OR FRIED POTATO BAR w/BISCUIT

Wednesday, September 6
ASIAN CHICKEN & RICE BOWL w/VEGETABLE EGG ROLL
MEATBALL & MOZZARELLA SUB
B-Y-O NACHOS OR TACO SALAD BOWL

Thursday, September 7
FISH & SHRIMP PLATE w/CORN MUFFIN
BACON CHEESEBURGER
B-Y-O BAKED OR FRIED POTATO BAR w/GARLIC BREAD STICKS

Friday, September 8
DILL CHICKEN CHUNKS w/BUTTERMILK BISCUIT
HOT CUBAN PORK SANDWICH
B-Y-O NACHOS OR TACO SALAD BOWL

THE Top 10 Artists LIST

for first week of August 2017

- 1/JAY-Z
- 2/Ed Sheeran
- 3/Bruno Mars
- 4/Linkin Park
- 5/Kendrick Lamar
- 6/Imagine Dragons
- 7/DJ Khaled
- 8/Shawn Mendes
- 9/Justin Bieber
- 10/French Montana

Source: Billboard

Available Daily

PIZZERIA STYLE PIZZA
GRILLED CHICKEN BREAST SANDWICH
SPICY CHICKEN BREAST SANDWICH
BREADED CHICKEN BREAST SANDWICH
FEATURED ENTRÉE SALAD
COLD DELI SANDWICH

INCLUDED WITH LUNCH
LUNCH ENTRÉE
2 SERVINGS OF FRUIT
2 SERVINGS OF VEGETABLES
8 OZ MILK

Featured Specials of the Day

Monday, September 11
PIZZA DIPPERS w/MARINARA SAUCE
STEAK & CHEESE SUB
B-Y-O NACHOS OR TACO SALAD BOWL

Tuesday, September 12
SPAGHETTI & MEATBALLS w/GARLIC BREAD STICK
HOT HONEY SRIRACHA CHICKEN SUB
B-Y-O BAKED OR FRIED POTATO BAR w/GARLIC BREAD STICKS

Wednesday, September 13
SZECHWAN CHICKEN & RICE BOWL w/VEGETABLE EGG ROLL
MEATBALL & MOZZARELLA SUB
B-Y-O NACHOS OR TACO SALAD BOWL

Thursday, September 14
CHICKEN FAJITA ON SOFT TORTILLA & RICE
BACON CHEESEBURGER
B-Y-O BAKED OR FRIED POTATO BAR w/GARLIC BREAD STICKS

Friday, September 15
BUFFALO CHICKEN CHUNKS w/BUTTERMILK BISCUIT
PULLED PORK BBQ ON A BUN
B-Y-O NACHOS OR TACO SALAD BOWL

eatfit

wanna stay fit?
gotta eat right!



Serves you right!

MyPlate.gov advises us to eat at least 1½ -2 cups of fruit a day. **But what exactly makes a cup?** This month, let's look at FRUIT. Each of these equals 1 cup of fruit:

- One large apple, banana, orange, peach or pear
- 30 or so seedless grapes
- 8 large strawberries
- 1 cup of 100% fruit juice

And each of these equals ½ cup of fruit:

- 1 four-ounce snack container of applesauce
- 1 medium cantaloupe wedge
- 6 watermelon balls
- 1 small box of raisins
- 1 large plum



Featured Specials of the Day

Monday, September 18

BUFFALO CHICKEN DRUMSTICK w/PARKERHOUSE ROLLS
STEAK & CHEESE SUB

B-Y-O NACHOS or TACO SALAD BOWL

Tuesday, September 19

MACARONI & CHEESE w/BUTTERMILK BISCUIT
HOT HONEY SRIRACHA CHICKEN SUB

B-Y-O BAKED or FRIED POTATO BAR w/BISCUIT

Wednesday, September 20

ASIAN CHICKEN & RICE BOWL w/VEGETABLE EGG ROLL
MEATBALL & MOZZARELLA SUB

B-Y-O NACHOS or TACO SALAD BOWL

Thursday, September 21

FISH & SHRIMP PLATE w/CORN MUFFIN
BACON CHEESEBURGER

B-Y-O BAKED or FRIED POTATO BAR w/GARLIC BREAD STICKS

Friday, September 22

DILL CHICKEN CHUNKS w/BUTTERMILK BISCUIT
HOT CUBAN PORK SANDWICH

B-Y-O NACHOS or TACO SALAD BOWL

NUTRITION TO GO

The most important variable for healthy weight is how many calories you take in on an average day. If you take in more than you burn, you'll bank those extra calories as added weight. Try this experiment: count the calories in everything you eat and drink for one day - you might be surprised at the total.

A QUICK BITE FOR TEENS

STACKED AGAINST US.

The average American takes in at least 50% more sodium than the recommended maximum. But don't just blame the salt shaker at home: 75% of the sodium you eat probably comes from restaurant food and processed grocery store food - like chips, pizza, soup, and even bread!



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

Featured Specials of the Day

Monday, September 25

PIZZA DIPPERS w/MARINARA SAUCE
STEAK & CHEESE SUB

B-Y-O NACHOS or TACO SALAD BOWL

Tuesday, September 26

SPAGHETTI & MEATBALLS w/GARLIC BREAD STICK
HOT HONEY SRIRACHA CHICKEN SUB

B-Y-O BAKED or FRIED POTATO BAR w/GARLIC BREAD STICKS

Wednesday, September 27

SZECHWAN CHICKEN & RICE BOWL w/VEGETABLE EGG ROLL
MEATBALL & MOZZARELLA SUB

B-Y-O NACHOS or TACO SALAD BOWL

Thursday, September 28

CHICKEN FAJITA ON SOFT TORTILLA & RICE
BACON CHEESEBURGER

B-Y-O BAKED or FRIED POTATO BAR w/GARLIC BREAD STICKS

Friday, September 29

BUFFALO CHICKEN CHUNKS w/BUTTERMILK BISCUIT
PULLED PORK BBQ ON A BUN

B-Y-O NACHOS or TACO SALAD BOWL

Please See Reverse For
Items Available Daily