

# MENUS FOR SEPTEMBER 2017

**Lynchburg City Schools  
Middle Schools**



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

## BREAKFAST

*A separate  
breakfast menu is  
published on the  
School Nutrition  
webpage of the  
Lynchburg City  
Schools website.*

[www.lcsedu.net](http://www.lcsedu.net)

## Friday, September 1

### EARLY DISMISSAL Line Entrées (Choose 1)

Pizza Dippers w/Pizza Dipping Sauce

Turkey & Cheese Sub

Offered with Lettuce & Sliced Tomato

### Lunch Sides (All Included)

Fresh Veggie Medley

V-blend Juice

Applesauce

## 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 cool experiment with your whole family: count the calories in everything you eat and drink for one day - you might be surprised at the total.

## A QUICK BITE FOR PARENTS



**NO SCHOOL  
MONDAY,  
SEPTEMBER 4**

## Tuesday, September 5

### Main Line Entrées (Choose 1)

Taco Salad Bowl

Offered with Variety of Toppings

Italian Deli Sub w/Deli Pickle

Meatball & Mozzarella Sub

### Vegetable Sides (Choose 2)

Fresh Broccoli Salad

Golden Sweet Corn

### Fruit Sides (Choose 1)

Chilled Cupped Fruit

Fresh Whole Fruit

## Wed., September 6

### Main Line Entrées (Choose 1)

Baked Chicken w/Buttermilk Biscuit

Turkey & Swiss Sub w/Deli Pickle

Steak & Cheese Panini

### Vegetable Sides (Choose 2)

Green Beans

Rosemary Red Skin Potatoes

### Fruit Sides (Choose 1)

Chilled Cupped Fruit

Fresh Whole Fruit

## Thursday, September 7

### Main Line Entrées (Choose 1)

Mouth Watering Mac & Cheese

Offered w/Corn Muffin

All American Sub w/Deli Pickle

Shrimp & Fish Plate w/Corn Muffin

### Vegetable Sides (Choose 2)

Steamed Broccoli

Creamy Cole Slaw

### Fruit Sides (Choose 1)

Chilled Cupped Fruit

Fresh Whole Fruit

## Friday, September 8

### Main Line Entrées (Choose 1)

Pizza Crunchers

Ham & Cheese Sub

Carolina Pork BBQ on Bun

### Vegetable Sides (Choose 2)

Southern Style Baked Beans

Crispy Tater Coins

### Fruit Sides (Choose 1)

Chilled Cupped Fruit

Fresh Whole Fruit



## Monday, September 11

### Main Line Entrées (Choose 1)

Chargrilled Beef Patty on Bun  
Offered with or without American Cheese

All American Sub w/Deli Pickle

Pizza Dippers w/Marinara Sauce

### Vegetable Sides (Choose 2)

Sweet Green Peas

Crinkle Cut Oven Fries

### Fruit Sides (Choose 1)

Chilled Cupped Fruit

Fresh Whole Fruit

## Tuesday, September 12

### Main Line Entrées (Choose 1)

Cheesy Beef Nachos

Offered with variety of toppings

Italian Deli Sub w/Deli Pickle

BBQ Pork Rib Sandwich

### Vegetable Sides (Choose 2)

Southern Style Baked Beans

Golden Sweet Corn

### Fruit Sides (Choose 1)

Chilled Cupped Fruit

Fresh Whole Fruit

## Wed., September 13

### Main Line Entrées (Choose 1)

Breakfast for Lunch

French Toast Sticks, Grilled Egg Patty & Sausage

Turkey & Swiss Sub w/Deli Pickle

### Vegetable Sides (Choose 2)

Seasoned Diced Potatoes

**"Sunset Sip" V-blend Juice**

### Fruit Sides (Choose 1)

Cinnamon Baked Apples

Fresh Whole Fruit

## Thursday, September 14

### Main Line Entrées (Choose 1)

All Beef Hot Dog on Bun

Offered with or without Chili

All American Sub w/Deli Pickle

Spaghetti & Meatballs w/Breadstick

### Vegetable Sides (Choose 2)

Steamed Broccoli

Creamy Cole Slaw

### Fruit Sides (Choose 1)

Chilled Cupped Fruit

Fresh Whole Fruit

## Friday, September 15

### Main Line Entrées (Choose 1)

Crispy Fish Fillet on Bun

Ham & Cheese Sub w/Deli Pickle

Pizza Slice w/Selection of Toppings

### Vegetable Sides (Choose 2)

Crunchy Baby Carrots w/Ranch Dip

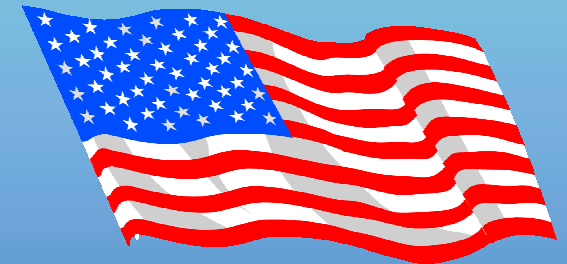
Seasoned Potato Wedges

### Fruit Sides (Choose 1)

Chilled Cupped Fruit

Fresh Whole Fruit

## September 11, 2001



*In eternal remembrance of the victims,  
in continued support of their families,  
and in undying gratitude to the heroes.*



**What's on  
YOUR  
plate?**

## 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



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or <http://kidshealth.org/kid/stay-healthy/food/pyramid.html>

## SEPTEMBER BIRTHDAYS

Zendaya (21) ~ Sept. 1  
Beyonce (36) ~ Sept. 4  
Bernie Sanders (76) -- Sept. 8  
Niall Horan (24) -- Sept. 13  
Childish Gambino (34) -- Sept. 25  
Halsey (23) -- Sept. 29

## Weekly Grab n' Go Menu

### Mondays

Chef Salad w/CROUTONS & CRACKERS  
Club Sub w/L-T-P & BABY CARROTS-DIP  
PB&J w/YOGURT, CINNAMON BITZ & BANANA

### Tuesdays

Southwest Chicken Salad w/TORTILLA CHIPS  
Italian Sub w/L-T-P & GRAPE TOMATOES-DIP  
PB&J w/CHEDDAR CUBES, GOLDFISH CRACKERS & APPLESAUCE

### Wednesdays

Asian Chicken Salad w/PITA POINTS  
Turkey & Swiss Sub w/L-T-P & CELERY STICKS-DIP  
PB&J w/YOGURT, CINNAMON BITZ & APPLE SLICES

### Thursdays

Bistro Chicken Salad w/GARLIC BREADSTICK  
Club Sub w/L-T-P & BABY CARROTS-DIP  
PB&J w/CHEDDAR CUBES, GOLDFISH CRACKERS & CARROTS

### Fridays

Buffalo Chicken Salad w/SOFT PRETZEL BITES  
Ham & Cheese Sub w/L-T-P & CUCUMBER SLICES-DIP  
PB&J w/CHEDDAR CUBES, PRETZEL BITES & CUCUMBER SLICES

### Daily

Chicken Sandwich (M-W-F) or Chicken Tenders (T-TH)  
Served with Vegetable of the Day and Pickle Spear  
Side Garden Salad

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 requirement  
All meals include 8oz Milk

### Monday, September 18

#### Main Line Entrées (Choose 1)

Cheeseburger Meatloaf on Bun  
All American Sub w/Deli Pickle  
Breaded Pork Steak w/Buttermilk Biscuit

#### Vegetable Sides (Choose 2)

Lima Beans  
Mashed Potatoes & Gravy

#### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

### Tuesday, September 19

#### Main Line Entrées (Choose 1)

Taco Salad Bowl  
Offered with Variety of Toppings  
Italian Deli Sub w/Deli Pickle  
Meatball & Mozzarella Sub

#### Vegetable Sides (Choose 2)

Fresh Broccoli Salad  
Golden Sweet Corn

#### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

### Wed., September 20

#### Main Line Entrées (Choose 1)

Baked Chicken w/Buttermilk Biscuit  
Turkey & Swiss Sub w/Deli Pickle  
Steak & Cheese Panini

#### Vegetable Sides (Choose 2)

Green Beans  
Rosemary Red Skin Potatoes

#### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

### Thursday, September 21

#### Main Line Entrées (Choose 1)

Mouth Watering Mac & Cheese  
Offered w/Corn Muffin  
All American Sub w/Deli Pickle  
Shrimp & Fish Plate w/Corn Muffin

#### Vegetable Sides (Choose 2)

Steamed Broccoli  
Creamy Cole Slaw

#### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

### Friday, September 22

#### Main Line Entrées (Choose 1)

Pizza Crunchers  
Ham & Cheese Sub  
Carolina Pork BBQ on Bun

#### Vegetable Sides (Choose 2)

Southern Style Baked Beans  
Crispy Tater Coins

#### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

### Monday, September 25

#### Main Line Entrées (Choose 1)

Chargrilled Beef Patty on Bun  
Offered with or without American Cheese  
All American Sub w/Deli Pickle  
Pizza Dippers w/Marinara Sauce

#### Vegetable Sides (Choose 2)

Sweet Green Peas  
Crinkle Cut Oven Fries

#### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

### Tuesday, September 26

#### Main Line Entrées (Choose 1)

Cheesy Beef Nachos  
Offered with variety of toppings  
Italian Deli Sub w/Deli Pickle  
BBQ Pork Rib Sandwich

#### Vegetable Sides (Choose 2)

Southern Style Baked Beans  
Golden Sweet Corn

#### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

### Wed., September 27

#### Main Line Entrées (Choose 1)

Breakfast for Lunch  
French Toast Sticks, Grilled Egg Patty & Sausage  
Turkey & Swiss Sub w/Deli Pickle

#### Vegetable Sides (Choose 2)

Seasoned Diced Potatoes  
"Sunset Sip" V-blend Juice

#### Fruit Sides (Choose 1)

Cinnamon Baked Apples  
Fresh Whole Fruit

### Thursday, September 28

#### Main Line Entrées (Choose 1)

All Beef Hot Dog on Bun  
Offered with or without Chili  
All American Sub w/Deli Pickle  
Spaghetti & Meatballs w/Breadstick

#### Vegetable Sides (Choose 2)

Steamed Broccoli  
Creamy Cole Slaw

#### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

### Friday, September 29

#### Main Line Entrées (Choose 1)

Crispy Fish Fillet on Bun  
Ham & Cheese Sub w/Deli Pickle  
Pizza Slice w/Selection of Toppings

#### Vegetable Sides (Choose 2)

Crunchy Baby Carrots w/Ranch Dip  
Seasoned Potato Wedges

#### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit