



## Lynchburg City Schools High School Menu

USDA is an equal opportunity employer & provider

## AVAILABLE DAILY

*Fully Stocked Salad Bar  
w/Assorted Fruits*

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



**MENUS ARE SUBJECT  
TO CHANGE**

### Featured Specials of the Day

**Monday, November 2**

*Professional Development Day  
Students Do Not Attend*

**Tuesday, November 3**

*Professional Development Day  
Students Do Not Attend*

**Wednesday, November 4**

**Buffet Lines:** Honey BBQ Rib/ Bun or  
Salisbury Steak w/Roll; Creamy Sweet Potatoes  
**Pizzeria Lines:** Assorted Pizza—Meat, Veggie, &  
Fiesta Or Cheese sticks w/ marinara

**Thursday, November 5**

**Buffet Lines:** Chicken Fillet/ Bun Or Jalapeno Beef  
Sliders; Broccoli w/ cheese  
**Sub Lines:** **FRESH BAKED SUB ROLLS!**  
Hot Ham & Cheese Sub Or Cold Italian Sub; Chips

**Friday, November 6**

**Buffet Lines:** Potato Crusted Fish Fillet/ Bun Or  
Crispy Corn Dog; Tater Tots  
**Specialty Lines:** Fajita Chicken Strips Or Chef's  
Choice Entrée; Brown Rice; Broccoli &  
Cauliflower

**Free Friday Cookie**

Meal Applications are always available  
online ([www.lcsedu.net](http://www.lcsedu.net)) and in the  
School Nutrition Office.

Call Kathie Sprinkle at 434-515-5064



### Featured Specials of the Day

**Monday, November 9**

**Buffet Lines:** Crisp Pork Chop /Bun Or Beef &  
Bean Burrito; Potato Wedges; Pinto Beans,  
Crunchy Cole Slaw

**Grill Line:** Freshly Grilled Burgers with Melted  
Cheese; Potato Wedges; Pinto Beans; Toppings

**Tuesday, November 10**

**Buffet Lines:** Chicken Tenders w/Breadstick Or  
Fresh Chef Salad w/ Crackers; Collard Greens

**Sub Lines:** **FRESH BAKED SUB ROLLS!**  
Hot Steak 'n Gravy Sub or Cold Combo Deli Sub  
Crisp Potato Wedges; Bag of Chips

**Wednesday, November 11**

**Buffet Lines:** Pepper Steak/ Bun Or Fresh Made  
Chicken Salad/ Croissant, Potato Wedges  
**Pizzeria Lines:** Beef Taco Flatbread Pizza w/  
Cheese & Ranch dressing; Fiesta Pizza

**Thursday, November 12**

**Buffet Line:** Chicken Vegetable Soup w/ grilled  
Cheese Or BBR Rib/ Bun ; Glazed Carrots

**Sub Line:** **FRESH BAKED SUB ROLLS!**  
Cold Ham & Cheese Wrap Or Hot Fajita & Cheese  
Sub; Bag of Chips

**Friday, November 13**

**Buffet Lines:** Chicken Fillet/ Bun Or Chef's  
Choice Entrée; Chef's Choice Vegetable


**Specialty Lines:** "Italian Day"- Meatballs in  
Sauce/ Pasta; Ratatouille Vegetables; Garlic Bread

**Free Friday Cookie**



★ **OUR NATION'S HISTORY** ★

In the days before our country was established and even before the English landed at Plymouth Rock, the Algonquian people who lived in today's New England region ate a lot of wild game, fish, and birds along with plant foods like corn, squash, and beans. They also gathered nuts and berries when they were in season. This healthy diet, along with a life of strenuous physical activity, kept Native Americans, for the most part, strong and fit. But something that was entirely missing from their foods also made Native American diets healthier -- there was ZERO added sugar in their diets.



★ **WITH LIBERTY & JUSTICE FOR ALL** ★



Until about 1,000 years ago, English-speaking people thought of the year in two parts -- the warm half and the cold half. The word "winter," is 5,000 years old, and "summer" is a pretty old word, too. The word "spring" was in general use by the 1400's, and "autumn" is a Latin word that also entered English around 1400. "Fall" came into use as a complement to "spring" in the 17th century -- just as North America was being settled by the British. The English-speaking people in England mostly stuck with "autumn" while their distant cousins preferred "fall." And that's why, to this day, this is the only season we have two words for!




*Featured Specials of the Day*

**Monday, November 16**  
**Buffet Lines:** Beef BBQ Rib/ Bun Or Corn Dog; Black-eyed Peas; Crunchy Cole Slaw  
**Grill Line:** Freshly Grilled Burgers with Melted Cheese; Black-eyed Peas; Golden Corn; Toppings

**Tuesday, November 17**  
**Buffet Lines:** Chicken Tenders w/Breadstick Or Fresh Chef Salad w/ Crackers; Green Peas  
**Sub Lines:** **FRESH BAKED SUB ROLLS!** Hot Meatball Sub or Cold Canadian Bacon Deli Sub Bag of Chips

**Wednesday, November 18**  
**Buffet Lines:** Crisp Pork Chop/ Bun or Jalapeno Beef Sliders; Fresh Carrots; Corn  
**Pizzeria Lines:** Assorted Pizza—Meat Lovers; Veggie Pizza Wedge

**Thursday, November 19**  
**Buffet Line:** Spaghetti w/ Meat Sauce/ Breadstick Or Chicken Fillet/ Bun ; Broccoli w/ cheese  
**Sub Line:** **FRESH BAKED SUB ROLLS!** Cold Deli Club Sub Or Hot Philly Cheesesteak Sub; Bag of Chips

**Friday, November 20**  
**Buffet Lines:** Potato Crusted Fish Fillet / Bun Or Chef's Choice Entrée; Potato Wedges; Cole Slaw  
**Specialty Lines:** "Hawaiian Day"- Aloha Chicken / Rice; Mahi-Mahi (fish) Wrap; Garlic Bread

**Free Friday Cookie**



*Featured Specials of the Day*

**Monday, November 23**  
**Buffet Lines:** Chicken Fillet /Bun Or Jalapeno Beef Sliders; Baked Beans, Crunchy Cole Slaw  
**Grill Line:** Hot Dog / Bun; toppings; Baked Beans; Crisp Slaw

**Tuesday, November 24**  
**Thanksgiving Meal**  
**All Lines:** Crisp "Oven Fried Chicken" Or Chef Salad w/ crackers; Mashed Potatoes w/gravy; Seasoned Green Beans; Baked Cinnamon Apples; Fresh Baked Dinner Roll; Snickerdoodle Cookie

**November 25, 26, 27**  
**Holiday—No School**



**ENJOY YOUR TIME OFF.**

**WE'LL SEE YOU BACK HERE ON MONDAY!**

**Monday, November 30**  
**Buffet Lines:** Crisp Pork Chop /Bun Or Beef & Bean Burrito; Potato Wedges; Pinto Beans, Crunchy Cole Slaw  
**Grill Line:** Freshly Grilled Burgers with Melted Cheese; Potato Wedges; Pinto Beans; Toppings

**No Fees!**  
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