

**Lynchburg
City Schools**

Middle School Menus

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



SPIN YOUR WHEELS.



Biking may be the only
activity that combines
exercise, fun, AND
transportation! Just
remember to always
wear bright clothes,
close-toed shoes, and
a helmet – and follow
the rules of the road!

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



Grab n Go Breakfast

MONDAY
Flapstick
Chicken Breakfast Slider

TUESDAY
Breakfast Pizza
WG Muffin & Dannon Yogurt

WEDNESDAY
Flapstick
Cocoa Cherry Breakfast Bar

THURSDAY
Breakfast Pizza
Pillsbury Mini Cinnis

FRIDAY
Flapstick
Bacon, Egg & Cheese Slider

AVAILABLE DAILY
Kellogg's WG Pop Tart & Yogurt
Assorted Cold Cereal & Graham Crackers

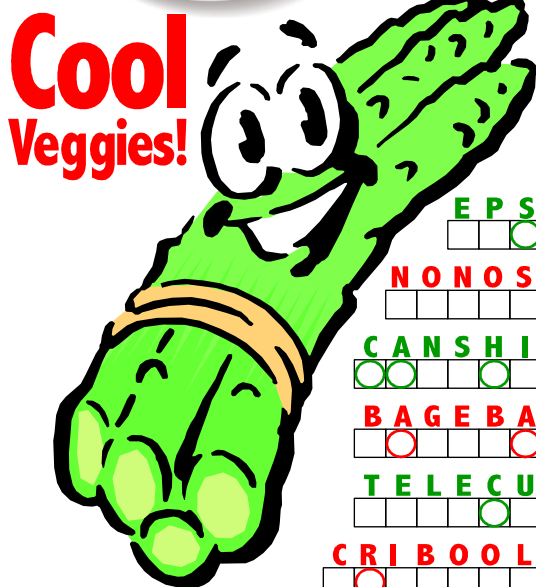
Breakfast includes: Entrée, Fruit Juice,
1 Serving of Fruit & 8oz of Milk



<p>Monday, April 4</p> <p>Lunch Entrées (Choose 1) Corn Dog Nuggets Cheeseburger on WG Bun Chef Salad w/Cheddar Goldfish Crackers</p> <p>Vegetable Sides (Choose 2) Succotash (Limas & Corn) Creamy Cole Slaw Salad Bar w/Lettuce & Sliced Tomato</p> <p>Fruit Sides (Choose 1) Chilled Cupped Fruit Fresh Whole Fruit</p>	<p>Tuesday, April 5</p> <p>Lunch Entrées (Choose 1) Popcorn Chicken w/Breadstick Spicy Pork BBQ Rib on WG Bun Jamwich PB&J Combo Meal</p> <p>Vegetable Sides (Choose 2) Steamed Green Peas Mashed Potatoes w/Gravy Salad Bar</p> <p>Fruit Sides (Choose 1) Chilled Cupped Fruit Fresh Whole Fruit</p>	<p>Wednesday, April 6</p> <p>Lunch Entrées (Choose 1) MAX Sticks w/Pizza Dipping Sauce Hot Italian Flatbread Sandwich Chicken Salad on Fresh Baked Sub Roll</p> <p>Vegetable Sides (Choose 2) Campbell's Tomato Soup Corn & Edamame Salad Salad Bar</p> <p>Fruit Sides (Choose 1) Chilled Cupped Fruit Fresh Whole Fruit</p>	<p>Thursday, April 7</p> <p>Lunch Entrées (Choose 1) Chicken Tenders w/Breadstick Turkey Taco w/Shredded Cheese Jamwich PB&J Combo Meal</p> <p>Vegetable Sides (Choose 2) Steamed Broccoli Florets Seasoned Pinto Beans Salad Bar w/Shredded Lettuce & Salsa</p> <p>Fruit Sides (Choose 1) Chilled Cupped Fruit Fresh Whole Fruit</p>	<p>Friday, April 8</p> <p>Lunch Entrées (Choose 1) Pizza Slice w/Selection of Toppings Potato Crusted Fish Fillet on WG Bun American Club Sub</p> <p>Vegetable Sides (Choose 2) Savory Potato Wedges Green Beans Salad Bar</p> <p>Fruit Sides (Choose 1) Chilled Cupped Fruit Fresh Whole Fruit</p>
<p>Monday, April 11</p> <p>Lunch Entrées (Choose 1) Chicken Nuggets w/Breadstick Texas Style Pork BBQ on WG Bun Chef Salad w/Cheddar Goldfish Crackers</p> <p>Vegetable Sides (Choose 2) Southern Baked Beans Cole Slaw Salad Bar</p> <p>Fruit Sides (Choose 1) Chilled Cupped Fruit Fresh Whole Fruit</p>	<p>Tuesday, April 12</p> <p>Lunch Entrées (Choose 1) Brunch for Lunch Hot Ham & Cheese on WG Bagel Jamwich PB&J Combo Meal</p> <p>Vegetable Sides (Choose 2) Crispy Tater Rounds V Blend Juice Salad Bar</p> <p>Fruit Sides (Choose 1) Baked Apples Selection of Cupped & Whole Fruit</p>	<p>Wednesday, April 13</p> <p>Lunch Entrées (Choose 1) Cheesy Turkey Nachos Philly Cheese Steak Sub Chicken Salad on Fresh Baked Sub Roll</p> <p>Vegetable Sides (Choose 2) Golden Sweet Corn Shoestring Oven Fries Salad Bar w/Nacho Toppings</p> <p>Fruit Sides (Choose 1) Chilled Cupped Fruit Fresh Whole Fruit</p>	<p>Thursday, April 14</p> <p>Lunch Entrées (Choose 1) Italian Meatball Sub w/Mozzarella Cheese Mac & Cheese w/Garlic Breadstick Jamwich PB&J Combo Meal</p> <p>Vegetable Sides (Choose 2) Vegetable Soup Savory Potato Wedges Salad Bar</p> <p>Fruit Sides (Choose 1) Chilled Cupped Fruit Fresh Whole Fruit</p>	<p>Friday, April 15</p> <p>Lunch Entrée (Choose 1) Pizza Slice w/Selection of Toppings Breaded Chicken Patty on WG Bun Tuna Salad Sub</p> <p>Vegetable Sides (Choose 2) Steamed Broccoli Florets Baby Carrots w/Ranch Dip Salad Bar</p> <p>Fruit Sides (Choose 1) Chilled Cupped Fruit Fresh Whole Fruit</p>



What's on
YOUR
plate?



**Cool
Veggies!**

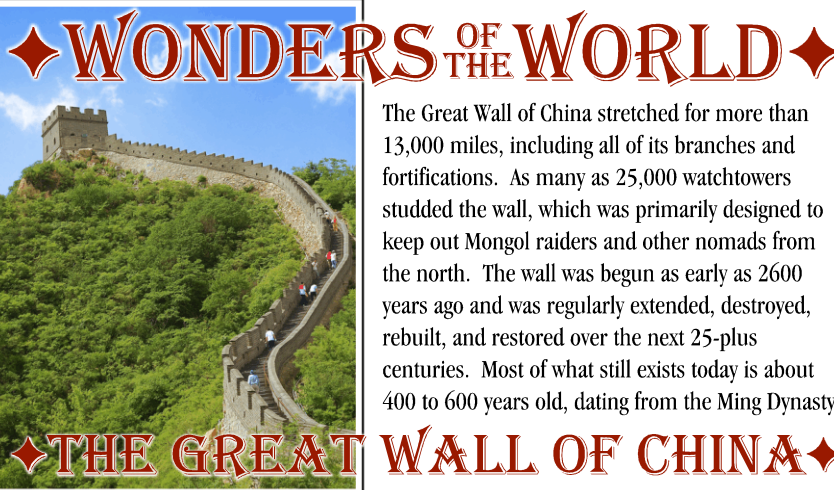
E P S A
NONOS I
CANSHIP
BAGEBAC
TELE CUT
CRIBOOLC

Some vegetables are called "cold hardy." That means they can be harvested in the cool of winter in Florida or California. Or, in the colder states, they can be planted in early spring, up to 6 weeks before the last freeze. We've scrambled the names of some of these tough guys above. Unscramble them, then write the circled letters below and unscramble to name the cold hardy veggie that's pictured here!

**CIRCLED
LETTERS:**

ANSWER

Learn more at www.CHOOSEMYPLATE.gov or
http://kidshealth.org/kid/stay_healthy/food/pyramid.html



◆ **WONDERS OF THE WORLD** ◆

The Great Wall of China stretched for more than 13,000 miles, including all of its branches and fortifications. As many as 25,000 watchtowers studded the wall, which was primarily designed to keep out Mongol raiders and other nomads from the north. The wall was begun as early as 2600 years ago and was regularly extended, destroyed, rebuilt, and restored over the next 25-plus centuries. Most of what still exists today is about 400 to 600 years old, dating from the Ming Dynasty.

◆ **THE GREAT WALL OF CHINA** ◆



EARTH DAY 🌍 **APRIL 22**

Monday, April 18

Lunch Entrées

(Choose 1)

Corn Dog Nuggets
Cheeseburger on WG Bun
Chef Salad w/Cheddar Goldfish Crackers

Vegetable Sides

(Choose 2)

Succotash (Limas & Corn)
Creamy Cole Slaw
Salad Bar w/Lettuce & Sliced Tomato

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Tuesday, April 19

Lunch Entrées

(Choose 1)

Popcorn Chicken w/Breadstick
Spicy Pork BBQ Rib on WG Bun
Jamwich PB&J Combo Meal

Vegetable Sides

(Choose 2)

Steamed Green Peas
Mashed Potatoes w/Gravy
Salad Bar

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Wednesday, April 20

Lunch Entrées

(Choose 1)

MAX Sticks w/Pizza Dipping Sauce
Hot Italian Flatbread Sandwich
Chicken Salad on Fresh Baked Sub Roll

Vegetable Sides

(Choose 2)

Campbell's Tomato Soup
Corn & Edamame Salad
Salad Bar

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Thursday, April 21

Lunch Entrées

(Choose 1)

Chicken Tenders w/Breadstick
Turkey Taco w/Shredded Cheese
Jamwich PB&J Combo Meal

Vegetable Sides

(Choose 2)

Steamed Broccoli Florets
Seasoned Pinto Beans
Salad Bar w/Shredded Lettuce & Salsa

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Friday, April 22

Lunch Entrées

(Choose 1)

Pizza Slice w/Selection of Toppings
Potato Crusted Fish Fillet on WG Bun
American Club Sub

Vegetable Sides

(Choose 2)

Savory Potato Wedges
Green Beans
Salad Bar

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Monday, April 25

Lunch Entrées

(Choose 1)

Chicken Nuggets w/Breadstick
Texas Style Pork BBQ on WG Bun
Chef Salad w/Cheddar Goldfish Crackers

Vegetable Sides

(Choose 2)

Southern Baked Beans
Cole Slaw
Salad Bar

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Tuesday, April 26

Lunch Entrées

(Choose 1)

Brunch for Lunch
Hot Ham & Cheese on WG Bagel
Jamwich PB&J Combo Meal

Vegetable Sides

(Choose 2)

Crispy Tater Rounds
V Blend Juice
Salad Bar

Fruit Sides

(Choose 1)

Baked Apples
Selection of Cupped & Whole Fruit

Wednesday, April 27

Lunch Entrées

(Choose 1)

Cheesy Turkey Nachos
Philly Cheese Steak Sub
Chicken Salad on Fresh Baked Sub Roll

Vegetable Sides

(Choose 2)

Golden Sweet Corn
Shoestring Oven Fries
Salad Bar w/Nacho Toppings

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Thursday, April 28

Lunch Entrées

(Choose 1)

Italian Meatball Sub w/Mozzarella Cheese
Mac & Cheese w/Garlic Breadstick
Jamwich PB&J Combo Meal

Vegetable Sides

(Choose 2)

Vegetable Soup
Savory Potato Wedges
Salad Bar

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Friday, April 29

Lunch Entrée

(Choose 1)

Pizza Slice w/Selection of Toppings
Breaded Chicken Patty on WG Bun
Tuna Salad Sub

Vegetable Sides

(Choose 2)

Steamed Broccoli Florets
Baby Carrots w/Ranch Dip
Salad Bar

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit