

Menus for April 2019

LYNCHBURG CITY SCHOOLS MIDDLE SCHOOL LUNCH MENUS

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



**PLEASE
STAY
ALERT!**

**THE FIRST OF APRIL IS
APRIL FOOLS DAY!
DON'T BE FOOLED!**

**PLEASE SEE THE OTHER
PAGE FOR A LIST OF THE
GREATEST APRIL FOOLS
TRICKS OF ALL TIME!**



YOU'RE GETTING WARM.



One of the best ways to avoid getting hurt – playing a sport, in gym class, and even on the playground – is to stretch out a little first and start off slowly before you go all out.



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

Weekly Grab n' Go Menu

Mondays

Chef Salad w/WHOLE GRAIN MUFFIN or CRACKERS
American Club Sub w/L-T-P & BABY CARROTS-DIP
PB&J w/YOGURT, VANILLA GRAHAMS & BANANA

Tuesdays

Southwest Chicken Salad w/TORTILLA CHIPS
Ham & Cheese Sub w/L-T-P & CUCUMBER SLICES-DIP
PB&J w/CHEDDAR CUBES, PRETZELS & APPLESAUCE

Wednesdays

Chicken & Waffle Wednesday
Asian Chicken Salad w/PITA POINTS
Italian Sub w/L-T-P & GRAPE TOMATOES-DIP
PB&J w/YOGURT, VANILLA GRAHAMS & APPLE SLICES

Thursdays

American Harvest Chicken Salad w/GARLIC BREADSTICK
Turkey & Swiss Sub w/L-T-P & CELERY STICKS-DIP
PB&J w/CHEDDAR CUBES, GOLDFISH CRACKERS & CARROTS

Fridays

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

Daily

Chicken Sandwich or Chicken Tenders
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 & 8 floz of Milk
Additional Fruits and Vegetables available
to meet 1/2 C Fruit and 3/4 C Veg minimum daily requirement

Monday, April 1

Main Line Entrées (Choose 1)

Savory Baked Chicken offered w/Biscuit
Philly Style Cheese Steak Sub
All American Sub w/Deli Pickle

Vegetable Sides (Choose 1 or 2)

Green Beans
Mashed Potatoes & Gravy

Fruit Sides (Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Tuesday, April 2

Main Line Entrées (Choose 1)

Szechwan Chicken & Rice Bowl
Pizza Dippers offered w/Marinara Dipping Sauce
Ham & Cheese Sub w/Deli Pickle

Vegetable Sides (Choose 1 or 2)

Oriental Style Vegetables
Crunchy Baby Carrots

Fruit Sides (Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Wednesday, April 3

Main Line Entrées (Choose 1)

Fajita Chicken served on Soft Tortilla
Offered w/Spanish Rice & Roasted Peppers & Onions
Corn Dog Nuggets
Italian Deli Sub w/Dill Pickle

Vegetable Sides (Choose 1 or 2)

Fiesta Black Beans
Crispy Tater Coins

Fruit Sides (Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Thursday, April 4

Main Line Entrées (Choose 1)

Shrimp & Fish Plate offered w/Corn Muffin
BBQ Chicken Flatbread Sandwich
Turkey & Swiss Sub w/Deli Pickle

Vegetable Sides (Choose 1 or 2)

Steamed Broccoli
Southern Style Baked Beans

Fruit Sides (Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Friday, April 5

Main Line Entrées (Choose 1)

Breaded Beef Steak & Gravy offered w/Biscuit
Cheese Pizza Crunchers
All American Sub w/Deli Pickle

Vegetable Sides (Choose 1 or 2)

Bright Green Peas
Seasoned Potato Wedges

Fruit Sides (Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Monday, April 8

Main Line Entrées (Choose 1)

Mouth Watering Mac & Cheese offered w/Corn Muffin
100% Beef Patty on a Bun Prepared with or without American Cheese Offered with Lettuce and Sliced Tomato
All American Sub w/Deli Pickle

Vegetable Sides (Choose 1 or 2)

Green Beans
Crinkle Cut Potato Fries

Fruit Sides (Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Tuesday, April 9

Main Line Entrées (Choose 1)

Cheesy Beef Nachos offered w/Salsa & Sour Cream
All Beef Hot Dog on Bun Offered with or without Chili
Ham & Cheese Sub w/Deli Pickle

Vegetable Sides (Choose 1 or 2)

Texas Ranchero Pinto Beans
Golden Sweet Corn

Fruit Sides (Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Wednesday, April 10

Main Line Entrées (Choose 1)

Breakfast for Lunch French Toast Sticks, Grilled Egg Patty & Sausage Links Or Canadian Bacon, Egg & Cheese Sandwich
Italian Deli Sub w/Dill Pickle

Vegetable Sides (Choose 1 or 2)

Seasoned Diced Potatoes
"Sunset Sip" V-blend Juice

Fruit Sides (Choose 1)

Cinnamon Baked Apples
Fresh Whole Fruit

Thursday, April 11

Main Line Entrées (Choose 1)

Spaghetti & Meatballs w/Breadstick
Hot Italian Turkey Flatbread
Turkey & Swiss Sub w/Deli Pickle

Vegetable Sides (Choose 1 or 2)

Steamed Broccoli
Crunchy Baby Carrots

Fruit Sides (Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Friday, April 12

Main Line Entrées (Choose 1)

Pizza Slice w/Selection of Toppings
Potato Crusted Fish Fillet on a Bun
All American Sub w/Deli Pickle

Vegetable Sides (Choose 1 or 2)

Fresh Vegetable Medley
Southern Style Baked Beans

Fruit Sides (Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

SPRING BREAK



Break begins at the end of classes:
Friday, April 12

Classes resume:
Monday, April 22



Q: What's the GOOFIEST thing about a GOOBER?



A: "Goober" is another name for a peanut, and the goofiest thing about a peanut is that it's not really a nut at all! Peanuts are really beans that grow under ground. Real nuts are sometimes called "tree nuts."

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

Monday, April 22

Main Line Entrées
(Choose 1)
Savory Baked Chicken offered w/Biscuit
Philly Style Cheese Steak Sub
All American Sub w/Deli Pickle

Vegetable Sides
(Choose 1 or 2)
Green Beans
Mashed Potatoes & Gravy

Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Tuesday, April 23

Main Line Entrées
(Choose 1)
Szechwan Chicken & Rice Bowl
Pizza Dippers offered w/Marinara Dipping Sauce
Ham & Cheese Sub w/Deli Pickle

Vegetable Sides
(Choose 1 or 2)
Oriental Style Vegetables
Crunchy Baby Carrots

Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Wednesday, April 24

Main Line Entrées
(Choose 1)
Fajita Chicken served on Soft Tortilla
Offered w/Spanish Rice & Roasted Peppers & Onions
Corn Dog Nuggets
Italian Deli Sub w/Dill Pickle

Vegetable Sides
(Choose 1 or 2)
Fiesta Black Beans
Crispy Tater Coins

Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Thursday, April 25

Main Line Entrées
(Choose 1)
Shrimp & Fish Plate offered w/Corn Muffin
BBQ Chicken Flatbread Sandwich
Turkey & Swiss Sub w/Deli Pickle

Vegetable Sides
(Choose 1 or 2)
Steamed Broccoli
Southern Style Baked Beans

Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Friday, April 26

Main Line Entrées
(Choose 1)
Breaded Beef Steak & Gravy
offered w/Biscuit
Cheese Pizza Crunchers
All American Sub w/Deli Pickle

Vegetable Sides
(Choose 1 or 2)
Bright Green Peas
Seasoned Potato Wedges

Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Monday, April 29

Main Line Entrées
(Choose 1)
Mouth Watering Mac & Cheese
Offered w/Corn Muffin
100% Beef Patty on a Bun
Prepared with or without American Cheese
Offered with Lettuce and Sliced Tomato
All American Sub w/Deli Pickle

Vegetable Sides
(Choose 1 or 2)
Green Beans
Crinkle Cut Potato Fries

Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

Tuesday, April 30

Main Line Entrées
(Choose 1)
Cheesy Beef Nachos
Offered w/Salsa & Sour Cream
All Beef Hot Dog on Bun
Offered with or without Chili
Ham & Cheese Sub w/Deli Pickle

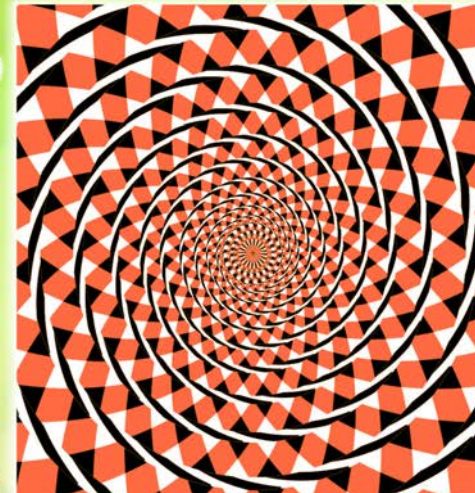
Vegetable Sides
(Choose 1 or 2)
Texas Ranchero Pinto Beans
Golden Sweet Corn

Fruit Sides
(Choose 1)
Chilled Cupped Fruit
Fresh Whole Fruit

NUTRITION TO GO

Experts recommend that we eat at least 20-30 grams of fiber a day -- but most Americans consume less than half that much. Good sources are grains, fruits, vegetables, and beans. Check the labels on foods, like your favorite breakfast cereal -- some cereals provide ten or more grams of fiber per bowl, but shoot for at least three.

A QUICK BITE FOR PARENTS



Only an Illusion

This image might look like a spiral, but it's not -- it's a series of circles. The background makes it APPEAR to be a spiral. Try tracing one of the lines if you're not convinced. You won't move inward or outward -- you'll just go around in a circle.