



**Lynchburg City Secondary Schools**

USDA is an equal opportunity provider and employer.



## available daily

**Fully Stocked Salad Bar  
And Assorted Fruits**

**Choice of Milk with every Meal  
1% Skim White & Flavored**

WG=whole grain / LTO=lettuce, tomato, onion

Menu Subject to Change



### *Featured Specials of the Day*

**Monday, August 25**

Hot Dog or Meatballs / WG Bun or Spicy Chicken Fillet/ WG Bun;  
Or Assorted Pizza; Crisp Cole Slaw; Crisp Potato Curls

**Tuesday, August 26**

Crispy Chicken Fillet/ WG Bun; or Teriyaki Chicken w/ Brown Rice  
Or Meat & Cheese/ Bun w/LTO; Mashed Potatoes; Broccoli w/  
cheese

**Wednesday, August 27**

"Saucy" Grilled Chicken Breast or Chef Inspired Entrée  
Or Pizza Sticks w/ Marinara; Fresh Baked Wheat Rolls  
Crisp Potato Wedges; Steamed Carrots

**Thursday, August 28**

Taco Bar w/ all the Fixin's or Spicy Chicken Fillet/ WG Bun  
Or Fresh Made Chicken Salad; Southwest Beans

**Friday, August 29**

Potato Crusted Fish Fillet w/Wheat Roll or Honey BBQ Rib/ WG  
Bun or Assorted Pizza; California Blend Veggies; French Fries  
*Free Friday Cookie!*



If you're breathing,  
you're *alive*.

If you're breathing hard,  
you're *living*.


*Go for it.*

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## Still the Best Deal in Town

<b>Breakfast</b>	<b>Lunch</b>
<b>\$1.25</b>	<b>\$2.45</b>

We provide free and reduced-price meals (\$.30 for breakfast, \$.40 for lunch) for eligible students. Please call your school for details.

### *Featured Specials of the Day*

**Monday, September 1**

★ **LABOR DAY** ★

**Tuesday, September 2**

Crisp Chicken Fillet/ WG Bun; or Chicken Fajita w/  
Brown Rice; or Meat & Cheese Sub w/LTO; Macaroni &  
Cheese; Seasoned Green Beans

**Wednesday, September 3**

"Saucy" Grilled Chicken Breast or Chef Inspired Entrée  
Or Assorted Pizza; Fresh Baked Wheat Rolls  
Crisp Potato Wedges; Steamed Carrots

**Thursday, September 4**

Potato Bar w/all the fixin's—Beef Chili Beans, Broccoli  
w/cheese Or Crispy Chicken Fillet/ WG Bun; or Deli  
Sandwich w/LTO

**Friday, September 5**

Spicy Chicken Fillet/ WG Bun or Honey BBQ Rib/ WG  
Bun or Assorted Pizza; Mashed Sweet Potatoes;  
Turnip Greens  
*Free Friday Cookie!*