

**LYNCHBURG
CITY
SCHOOLS**

**MIDDLE
SCHOOL
MENUS**



Menus for August 2016

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

Monday, August 15

Main Line Entrées
(Choose 1)

All Beef Hot Dog on WG Bun
All American Sub w/Deli Pickle
Pizza Dippers w/Pizza dipping Sauce

Vegetable Sides
(Choose 2)

Southern Baked Beans
Crinkle Cut Potato Fries

Fruit Sides
(Choose 1)

Chilled Cupped Fruit
Fresh Watermelon Chunks

Tuesday, August 16

Main Line Entrées
(Choose 1)

BBQ Chicken Flatbread
Southwest Chicken Wrap
Honey Pork BBQ Rib on WG Bun

Vegetable Sides
(Choose 2)

Refried Beans w/Salsa & Cheese
Savory Potato Wedges

Fruit Sides
(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Wednesday, August 17

Main Line Entrées
(Choose 1)

Ham, Egg & Cheese English Muffin
Italian Deli Sub
Breakfast for Lunch

Vegetable Sides
(Choose 2)

Seasoned Diced Potatoes
"Sunset Sip" V-Blend Juice

Fruit Sides
(Choose 1)

Cinnamon Baked Apples
Fresh Whole Fruit

Thursday, August 18

Main Line Entrées
(Choose 1)

Popcorn Chicken Bites w/Breadstick
Smoked Turkey & Swiss Croissant
Spaghetti & Meatballs w/Breadstick

Vegetable Sides
(Choose 2)

Fresh Broccoli Salad
California Vegetable Medley

Fruit Sides
(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Friday, August 19

Main Line Entrées
(Choose 1)

Potato Crusted Fish Fillet on WG Bun
Buffalo Chicken Wrap
Pizza Slice w/Selection of Toppings

Vegetable Sides
(Choose 2)

Baby Carrots w/Ranch Dip
Golden Sweet Corn

Fruit Sides
(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

NEW Grab n' Go Lunch Menu

Mondays

Chef Salad w/CROUTONS & Crackers
All American Club Sub
Hummus Cup Protein Pack

Tuesdays

South West Chicken Salad w/Tortilla Chips
South West Chicken Wrap
JIF Cup Protein Pack

Wednesdays

Asian Chicken Salad w/Pita Points
Italian Deli Sub
Yogurt Cup Protein Pack

Thursdays

Chicken Caesar Salad w/CROUTONS & Breadstick
Buffalo Chicken Wrap
Hummus Cup Protein Pack

Fridays

Buffalo Chicken Salad w/CROUTONS & Crackers
Smoked Turkey & Swiss Croissant
JIF Cup Protein Pack

Daily

Grilled or Breaded Chicken Sandwich
Served with Potatoes and Pickle Spear
PBJ Uncrustable Combo Meal

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 required offering. All meals include 8oz Milk.

Monday, August 22

Main Line Entrées
(Choose 1)

100% Beef Patty on WG Bun
Offered with or without American Cheese
All American Sub w/Deli Pickle
Breaded Pork Steak w/WG Biscuit

Vegetable Sides
(Choose 2)

Lima Beans
Mashed Potatoes & Gravy

Fruit Sides
(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Tuesday, August 23

Main Line Entrées
(Choose 1)

Meatball & Mozzarella Sub
Southwest Chicken Wrap
Taco Salad Bowl

Vegetable Sides
(Choose 2)

Seasoned Pinto Beans
Golden Sweet Corn

Fruit Sides
(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Wednesday, August 24

Main Line Entrées
(Choose 1)

Shrimp Po' Boy Sandwich
Italian Deli Sub
Baked Chicken w/Corn Muffin

Vegetable Sides
(Choose 2)

Green Beans
Rosemary Red Skin Potatoes

Fruit Sides
(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Thursday, August 25

Main Line Entrées
(Choose 1)

Carolina Style Pork BBQ on WG Bun
Smoked Turkey & Swiss Croissant
School Made Mac & Cheese w/Biscuit

Vegetable Sides
(Choose 2)

Steamed Broccoli
Creamy Cole Slaw

Fruit Sides
(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Friday, August 26

Main Line Entrées
(Choose 1)

Philly Cheese Steak Sub
Buffalo Chicken Wrap
Pizza Crunchers

Vegetable Sides
(Choose 2)

Baby Carrots w/Ranch Dip
Savory Potato Wedges

Fruit Sides
(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Monday, August 29

Main Line Entrées
(Choose 1)

All Beef Hot Dog on WG Bun
All American Sub w/Deli Pickle
Pizza Dippers w/Pizza dipping Sauce

Vegetable Sides
(Choose 2)

Southern Baked Beans
Crinkle Cut Potato Fries

Fruit Sides
(Choose 1)

Chilled Cupped Fruit
Fresh Watermelon Chunks

Tuesday, August 30

Main Line Entrées
(Choose 1)

Honey Pork BBQ Rib on WG Bun
Southwest Chicken Wrap
Cheesy Beef Nackos

Vegetable Sides
(Choose 2)

Refried Beans w/Salsa & Cheese
Savory Potato Wedges

Fruit Sides
(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Wednesday, August 31

Main Line Entrées
(Choose 1)

Ham, Egg & Cheese English Muffin
Italian Deli Sub
Breakfast for Lunch

Vegetable Sides
(Choose 2)

Seasoned Diced Potatoes
"Sunset Sip" V-Blend Juice

Fruit Sides
(Choose 1)

Cinnamon Baked Apples
Fresh Whole Fruit

GRAB N' GO BREAKFAST

MONDAYS

Sausage Biscuit
Pillsbury WG FRUDEL
WG Pop Tart & Yogurt

TUESDAYS

Breakfast Pizza
Pillsbury WG MINI PANCAKES
Yogurt Parfait & Granola

WEDNESDAYS

Breakfast Chicken Slider
Pillsbury WG FRUDEL
WG Muffin & Yogurt

THURSDAYS

Breakfast Pizza
Pillsbury WG Mini Cinnis
Yogurt Parfait & Granola

FRIDAYS

Bacon, Egg & Cheese Sandwich
Pillsbury WG MINI PANCAKES
WG Pop Tart & Yogurt

Assorted Cold Cereals & Grahams
offered daily

Breakfast Includes:
Choice of Breakfast Entrée, Fruit Juice
1 Serving of Fruit
1% or Fat Free Milk