



USDA is an equal opportunity provider and employer.

Lynchburg City Middle Schools

 **available daily**

**Fully Stocked Salad Bar
And Assorted Fruits**

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

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



Menu Subject to Change

Featured Specials of the Day

Monday, August 17—Let's Eat!

ENTREES: Hot Dog/ Bun w/wo Chili Or Beef
Meatballs / Bun w/cheese Or Deli Sandwich w/cheese
SIDES: Crispy Oven Fries; Home-Style Baked Beans;
Assorted Fruit Choices; Choc Chip Cookie

Tuesday, August 18

ENTREES: Teriyaki Chicken Or Sliced Ham Or
Meat & Cheese Sandwich
SIDES: Brown Rice; Broccoli w/ cheese; Glazed
Carrots; Fruit Choices; Fresh Baked Wheat Roll

Wednesday, August 19

ENTREES: Assorted Pizza Wedge Or PBJ Jamwich
Or Chicken Fillet/ Bun
SIDES: Hot Vegetable of Choice; Mixed Fruit Cup

Thursday, August 20

ENTREES: Fresh Made Chicken Salad w/ Croissant
OR Crisp Pork Chop/ Bun
SIDES: Baked Sweet Potato Half; Fresh Fzn. Mixed
Veggies; Assorted Fruit Choices

Friday, August 21

ENTREES: Honey BBQ Rib/ Bun or Potato Crusted
Fish Fillet/ Bun
SIDES: Golden Corn; Fresh Cucumber Wheels;
100% Fruit/Veggie Juice

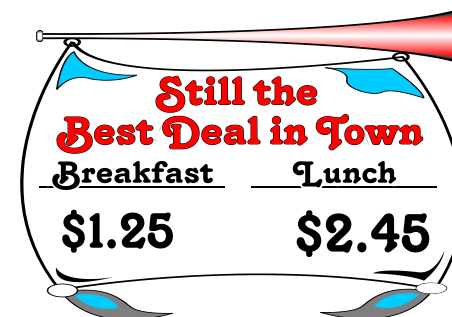
Free Friday Cookie!



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

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

Go for it.



**Still the
Best Deal in Town**

Breakfast

Lunch

\$1.25

\$2.45

Featured Specials of the Day

Monday, August 24

ENTREES: Cheeseburger/ Bun Or Spicy Beef
BBQ Rib/ Bun Or Deli Sandwich w/cheese;
SIDES: Crispy Potato Wedges; Fresh Made
Crunchy Cole Slaw; Assorted Fruit Choices

Tuesday, August 25

ENTREES: Chicken Tenders Or Sliced Ham Or
Salisbury Steak w/ gravy
SIDES: Mashed Potatoes; Seasoned Green
Beans; Fruit Choices; Fresh Baked Wheat Roll

Wednesday, August 26

ENTREES: Assorted Pizza Wedge Or PBJ
Jamwich Or Deli Sandwich
SIDES: Hot Vegetable of Choice; Fruit Cup

Thursday, August 27

ENTREES: Beef Taco/ soft shell w/ shr. cheese
OR Deli Meat & Cheese Roll-up
SIDES: Pinto Beans w/ cheese; Fresh Baby
Carrots w/ dip; Assorted Fruit Choices

Friday, August 28

ENTREES: Chicken Fillet / Bun Or Spicy BBQ
Rib Or Manager's Choice
SIDES: Sweet Potato Puffs; Fresh Fzn. Mixed
Vegetables; Assorted Fruit Choices
100% Fruit/Veggie Juice

Free Friday Cookie!

Featured Specials of the Day

Monday, August 31

ENTRÉE: Hot Dog/ Bun w/wo Chili Or Beef Meatballs / Bun w/cheese Or Deli Sandwich

SIDES: Home-style Baked Beans; Cole Slaw; Assorted Fruit

Tuesday, September 1

ENTRÉE: Popcorn Chicken or Sliced Ham; Sandwich of Choice

SIDES: Mashed Potatoes; Green Peas; Assorted Fruit Choices; Fresh Baked Wheat Roll

Wednesday, September 2

ENTRÉE: Chicken Fajita w/ shr. Cheese or Chef Salad w/ turkey ham & bacon

SIDES: Golden Corn; Fresh Strawberries

Thursday, September 3

ENTRÉE: Cheesy Scrambled Eggs w/ Sausage; Or Pizza Sticks w/ Sauce

SIDES: Crispy Tater Tots; Baked Apples; 100% Fruit/Veggie Juice; "Buttered Toast"

Friday, September 4

ENTRÉE: Honey BBQ Rib/ Bun Or Potato Crusted Fish Fillet/ Bun

SIDES: Sweet Potato Puffs; Broccoli w/ cheese; Fruit of Choice

Free Friday Cookie!

Enjoy your Long Weekend!

PARENTS

MEAL APPLICATIONS:

Unless your children are approved by Direct Certification for SNAP (Food Stamps) or TANF, you are required to complete a new meal application **each school year** in order for your children to receive free or reduced price meals. Only **ONE** application per family is required. Each student within a family and the school he attends must be listed on the application. **Every application must have an adult signature to be processed!** Please make sure your application is completed and turned in to your school cafeteria cashier or to the School Nutrition Office in the School Administration Building as soon as possible. Your children may use their previous year's approval for the first 30 days of the new school year.

If you have any questions or need further information, please call the School Nutrition Office at 434-515-5064.

THANK
YOU

CHEW ON THIS.

Apples help lower blood sugar and reduce the amount of fat in your blood. Plus, apples have recently been shown to improve digestion and digestive health. But be sure to eat the actual fruit -- applesauce and apple juice don't provide the same benefits.



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

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