

# MENUS FOR DECEMBER 2013



## Lynchburg City Schools Secondary Menu

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## Available Daily Fully Stocked Salad Bar and Assorted Fruits

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

**Menu Subject to Change/ WG=Whole Grain**

### Featured Specials of the Day

#### Monday, December 2

Assorted Pizza or PBJ Uncrustable or Deli Sub;  
Hot Vegetable of Choice

#### Tuesday, December 3

Chicken Nuggets or Sliced Ham or Hot Entrée of Choice;  
Mashed Potatoes, Glazed Baby Carrots;  
Fresh Baked Wheat Roll

#### Wednesday, December 4

Hot Dog w/wo Chili; Meatballs w/sauce & cheese/ both -WG Bun  
or Deli Sub; Baked Beans; Crisp Cole Slaw

#### Thursday, December 5—Tacos!

Beef Taco/ Soft Shell w/ cheese or Turkey & Cheese roll-up or  
Hot Entrée of Choice; Golden Corn; Seasoned Green Beans

#### Friday, December 6

Crisp Chicken Patty /WG Bun or Fish Sticks w/Bakery Roll or  
Deli Sub; Oven Baked Potato Wedges; Broccoli w/cheese

#### Monday, December 9

Texas BBQ/ WG Bun or Turkey & Cheese Sub or  
Hot Entrée of Choice; Oven Baked French Fries; Crisp Cole Slaw

#### Tuesday, December 10

Popcorn Chicken or Hot Entrée of Choice or Deli Sub;  
Creamy Mashed Potatoes; Fresh Frozen Green Peas;  
Fresh Baked Wheat Roll

#### Wednesday, December 11-Birthday Lunch

Cheesy Pizza Sticks w/ Marinara Sauce or Warm Ham & Cheese/  
WG Bun or Deli Sub; Herb Roasted Fresh Carrots & Red Potatoes;  
"Happy Birthday" Ice Juice Cup

#### Thursday, December 12—Chili & Chips!

Beef Chili Beans w/ 'Tostitos': Baked Scoops; or Hot Entrée of  
Choice or Deli Sub; Fresh Baked Potato

#### Friday, December 13

Potato Crusted Fish Fillet w/ Bakery Roll or Crisp Corn Dog or  
Deli Sub; Golden Corn; Fruit/Veggie Juice



Here's wishing you a  
bright and happy holiday season!

**Meryl Smith, Director of School Nutrition  
& the entire School Nutrition Staff**

### Menus for Middle Schools Only:

#### Monday, December 16

Turkey & Cheese Sub or Hot Entrée of Choice or  
Chicken Fillet/ WG Bun; Baked Beans, Broccoli w/ cheese

#### Tuesday, December 17-Holiday Lunch

Oven Baked Chicken or Sliced Ham in Orange Raisin Sauce or  
Deli Sub; Mashed Sweet Potatoes; Seasoned Green Beans;  
Holiday Fruit Salad; Baked Wheat Roll; Holiday Cookie

#### Wednesday, December 18

**Try it - Our Brunch for Lunch Menu!**

Cheesy Scrambled Eggs w/ 2 slices Bacon or Chicken Patty or  
Deli Sub; Crisp Potato Coins; Baked Apples; WG Toast

#### Thurs. Dec 19 & Fri. Dec 20:

Manager's Choice Hot & Cold Entrees  
Assorted Fruit and Vegetable Choices

### Menus for High Schools Only:

Exam Schedule: Hot & Cold Sandwiches Available with  
Fruit, Juice, & Milk each Day!

