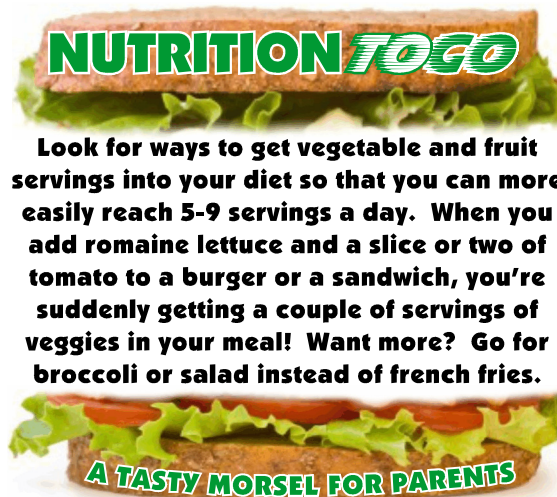




## Lynchburg City Schools—Middle School Menus

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



Look for ways to get vegetable and fruit servings into your diet so that you can more easily reach 5-9 servings a day. When you add romaine lettuce and a slice or two of tomato to a burger or a sandwich, you're suddenly getting a couple of servings of veggies in your meal! Want more? Go for broccoli or salad instead of french fries.

## OUT COLD.

Not only do kids eat more in the winter, they also tend to exercise less.



Even if it's cold where you live, you still need to be moving for a total of at least an hour a day! Some of that can happen indoors, but there's plenty of outside activities that can keep you warm, too!

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

**DON'T 4GET!**  
Take at least **ONE** **FRUIT** or **VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!

### Tuesday, December 1

#### Lunch Entrée

(Choose 1)

Brunch for Lunch  
Hot Ham & Cheese on WG Bagel  
Jamwich PB&J Combo Meal

#### Vegetable Sides

(Choose 2)

Crispy Tater Rounds  
Baby Carrots w/Ranch Dip  
Salad Bar

#### Fruit Sides

(Choose 1)

Baked Apples  
Selection of Cupped & Whole Fruit

### Wednesday, December 2

#### Lunch Entrée

(Choose 1)

Pizza Slice w/Selection of Toppings  
Chicken Patty on WG Bun  
Tuna Salad Wrap

#### Vegetable Sides

(Choose 2)

Steamed Broccoli Florets  
Shoe String Oven Fries  
Salad Bar

#### Fruit Sides

(Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

### Thursday, December 3

#### Lunch Entrée

(Choose 1)

Spaghetti & Meat Sauce w/Garlic Bread  
Potato Crusted Fish Fillet on WG Bun  
Jamwich PB&J Combo Meal

#### Vegetable Sides

(Choose 2)

California Vegetable Medley  
Creamy Cole Slaw  
Salad Bar

#### Fruit Sides

(Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

### Friday, December 4

#### Lunch Entrée

(Choose 1)

Cheesy Beef Nachos  
Chicken Fajita on Soft Tortilla  
Philly Cheese Steak Sub

#### Vegetable Sides

(Choose 2)

Golden Sweet Corn  
Refried Beans  
Salad Bar w/Nacho Toppings

#### Fruit Sides

(Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

### Monday, December 7

#### Lunch Entrée

(Choose 1)

Corn Dog Nuggets  
Texas Pork BBQ on WG Bun  
Chef Salad w/Cheddar Goldfish Crackers

#### Vegetable Sides

(Choose 2)

Seasoned Pinto Beans  
Steamed Green Peas  
Creamy Cole Slaw & Salad Bar

#### Fruit Sides

(Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

### Tuesday, December 8

#### Lunch Entrée

(Choose 1)

Herb Roasted Chicken w/Dinner Roll  
Cheeseburger on WG Bun  
Jamwich PB&J Combo Meal

#### Vegetable Sides

(Choose 2)

Green Beans  
Mashed Potatoes w/Gravy  
Salad Bar w/Lettuce & Sliced Tomato

#### Fruit Sides

(Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

### Wednesday, December 9

#### Lunch Entrée

(Choose 1)

Pizza Slice w/Selection of Toppings  
Honey BBQ Rib on WG Bun  
Chicken Salad on Flaky Croissant

#### Vegetable Sides

(Choose 2)

Crispy Tater Rounds  
Carrot & Celery Sticks w/Ranch Dip  
Salad Bar

#### Fruit Sides

(Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

### Thursday, December 10

#### Lunch Entrée

(Choose 1)

Southwest Chili w/Beans & Tortilla Chips  
Hot Italian Flatbread Sandwich  
Jamwich PB&J Combo Meal

#### Vegetable Sides

(Choose 2)

Seasoned Potato Wedges  
Corn & Edamame Salad  
Salad Bar

#### Fruit Sides

(Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

### Friday, December 11

#### Lunch Entrée

(Choose 1)

Chicken Tenders w/Garlic Bread Stick  
Beef-A-Roni w/Garlic Bread Stick  
American Club Sub

#### Vegetable Sides

(Choose 2)

Steamed Broccoli Florets  
Orange Glazed Carrot Medley  
Salad Bar

#### Fruit Sides

(Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

## Weekly Breakfast Menus

### December 1–4

Tuesday: Breakfast Chicken Sandwich  
Wednesday: WG Pop Tart & Yogurt  
Thursday: *EGGOWG* Mini Waffles  
Friday: WG Flap Stick

### December 7–11

Monday: WG Pop Tart & Yogurt  
Tuesday: Sausage Breakfast Pizza  
Wed: Pillsbury WG Mini Pancakes  
Thursday: Pillsbury Mini Bagels  
Friday: Ham & Egg Biscuit

### December 14–18

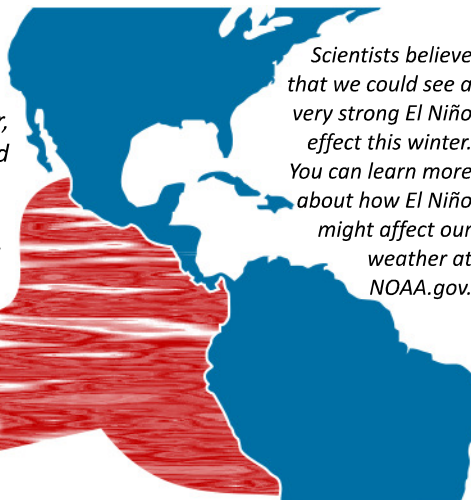
Monday: WG Muffin & Yogurt  
Tuesday: Breakfast Chicken Sandwich  
Wed: Pillsbury WG Mini Bagels  
Thursday: *EGGOWG* Mini Waffles  
Friday: WG Flap Stick

Selection of Cold Cereals & Graham Crackers available daily

Breakfast includes: Fruit Juice,  
1 Serving of Fruit & 8oz of Milk

The climate phenomenon known as "El Niño" occurs in years when Pacific Ocean waters off the coast of Central and South America become warmer than usual. El Niño can make California wetter and warmer, the southern U.S. wetter and cooler, the northwest and central states warmer and drier, and the mid-Atlantic and northeast warmer on the whole, but prone to big snowstorms.

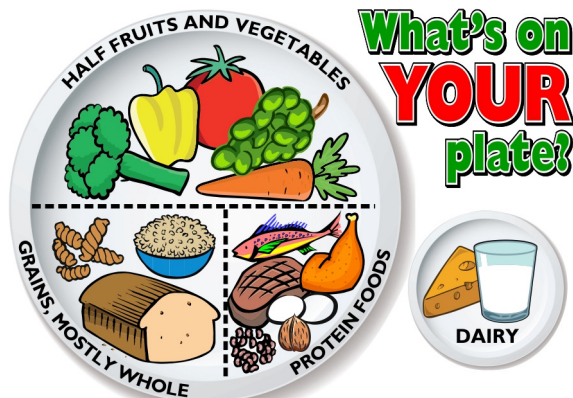
# El Niño



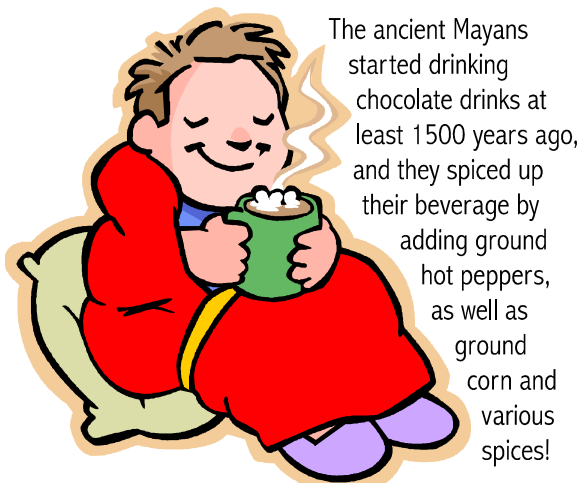
Scientists believe that we could see a very strong El Niño effect this winter. You can learn more about how El Niño might affect our weather at NOAA.gov.



From Beth Morris,  
Director of School Nutrition  
& the School Nutrition Staff  
at your school



## REALLY Hot Chocolate!



The ancient Mayans started drinking chocolate drinks at least 1500 years ago, and they spiced up their beverage by adding ground hot peppers, as well as ground corn and various spices!

Monday, December 14	Tuesday, December 15	Wednesday, December 16	Thursday, December 17	Friday, December 18
<b>Lunch Entrée</b> (Choose 1) Chicken Nuggets w/WG Dinner Roll Hot Dog on WG Bun Chef Salad w/Cheddar Goldfish Crackers	<b>Lunch Entrée</b> (Choose 1) Breakfast for Lunch Hot Ham & Cheese on WG Bagel Jamwich PB&J Combo Meal	<b>Lunch Entrée</b> (Choose 1) Pizza Slice w/Selection of Toppings Chicken Patty on WG Bun Tuna Salad Wrap	<b>Lunch Entrée</b> (Choose 1) Spaghetti & Meat Sauce w/Garlic Bread Potato Crusted Fish Fillet on WG Bun Jamwich PB&J Combo Meal	<b>Lunch Entrée</b> (Choose 1) Cheesy Beef Nachos Chicken Fajita on Soft Tortilla American Club Sub
<b>Vegetable Sides</b> (Choose 2) Tomato Soup Southern Baked Beans Salad Bar	<b>Vegetable Sides</b> (Choose 2) Crispy Tater Rounds Baby Carrots w/Ranch Dip Salad Bar	<b>Vegetable Sides</b> (Choose 2) Steamed Broccoli Florets Shoe String Oven Fries Salad Bar	<b>Vegetable Sides</b> (Choose 2) California Vegetable Medley Creamy Cole Slaw Salad Bar	<b>Vegetable Sides</b> (Choose 2) Golden Sweet Corn Refried Beans Salad Bar w/Nacho Toppings
<b>Fruit Sides</b> (Choose 1) Chilled Cupped Fruit Fresh Whole Fruit	<b>Fruit Sides</b> (Choose 1) Baked Apples Selection of Cupped & Whole Fruit	<b>Fruit Sides</b> (Choose 1) Chilled Cupped Fruit Fresh Whole Fruit	<b>Fruit Sides</b> (Choose 1) Chilled Cupped Fruit Fresh Whole Fruit	<b>Fruit Sides</b> (Choose 1) Chilled Cupped Fruit Fresh Whole Fruit



# HAPPY 2016!

Last day of school: Friday, December 18  
Classes resume: Monday, January 4

## SEE YOU NEXT YEAR!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or  
[http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)