

GRAB N' GO LUNCH MENU

Mondays

Chef Salad w/CROUTONS & CRACKERS
Club Sub w/L-T-P & BABY CARROTS-DIP
PB&J w/YOGURT, GIANT GOLDFISH GRAHAM & BANANA

Tuesdays

Southwest Chicken Salad w/TORTILLA CHIPS
Italian Sub w/L-T-P & GRAPE TOMATOES-DIP
PB&J w/CHEEDAR CUBES, GOLDFISH CRACKERS & APPLESAUCE

Wednesdays

Chicken & Waffle Wednesday
Asian Chicken Salad w/PITA POINTS
Turkey & Swiss Sub w/L-T-P & CELERY STICKS-DIP
PB&J w/YOGURT, GIANT GOLDFISH GRAHAM & APPLE SLICES

Thursdays

American Harvest Salad w/GARLIC BREADSTICK
Club Sub w/L-T-P & BABY CARROTS-DIP
PB&J w/CHEEDAR CUBES, GOLDFISH CRACKERS & CARROTS

Fridays

Buffalo Chicken Salad w/SOFT PRETZEL BITES
Ham & Cheese Sub w/L-T-P & CUCUMBER SLICES-DIP
PB&J w/CHEEDAR CUBES, PRETZEL BITES & CUCUMBERS

Daily

Chicken Sandwich (except Wed)
 Served with Vegetable of the Day and Pickle Spear
Side Garden Salad

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 requirement.
 All meals include 8oz Milk.

Menus for December 2017

Lynchburg City Schools Middle School Lunch Menus

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

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

Friday, December 1

Main Line Entrées

(Choose 1)

Pizza Crunchers
 Ham & Cheese Sub
 Carolina Pork BBQ on Bun

Vegetable Sides

(Choose 2)

Campbell's Tomato Soup
 Crispy Tater Coins

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
 Fresh Whole Fruit

Monday, December 4

Main Line Entrées

(Choose 1)

Chargrilled Beef Patty on Bun
 Offered with or without American Cheese
 All American Sub w/Deli Pickle
 Fajita Chicken on Soft Taco w/Spanish Rice

Vegetable Sides

(Choose 2)

Roasted Peppers & Onions
 Crinkle Cut Oven Fries

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
 Fresh Whole Fruit

Tuesday, December 5

Main Line Entrées

(Choose 1)

Cheesy Beef Nachos
 Offered with variety of toppings
 Italian Deli Sub w/Deli Pickle
 BBQ Pork Rib Sandwich

Vegetable Sides

(Choose 2)

Southern Style Baked Beans
 Golden Sweet Corn

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
 Fresh Whole Fruit

Wednesday, December 6

Main Line Entrées

(Choose 1)

Breakfast for Lunch
 French Toast Sticks, Grilled Egg Patty & Sausage
 Turkey & Swiss Sub w/Deli Pickle

Vegetable Sides

(Choose 2)

Seasoned Diced Potatoes
 "Sunset Sip" V-blend Juice

Fruit Sides

(Choose 1)

Cinnamon Baked Apples
 Fresh Whole Fruit

Thursday, December 7

Main Line Entrées

(Choose 1)

All Beef Hot Dog on Bun
 Offered with or without Chili
 All American Sub w/Deli Pickle
 Spaghetti & Meatballs w/Breadstick

Vegetable Sides

(Choose 2)

Steamed Broccoli
 Creamy Cole Slaw

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
 Fresh Whole Fruit

Friday, December 8

Main Line Entrées

(Choose 1)

Crispy Fish Fillet on Bun
 Ham & Cheese Sub w/Deli Pickle
 Pizza Slice w/Selection of Toppings

Vegetable Sides

(Choose 2)

Home Made Turkey & Vegetable Soup
 Seasoned Potato Wedges

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
 Fresh Whole Fruit

Monday, December 11

Main Line Entrées

(Choose 1)

Cheeseburger Meatloaf on Bun
 All American Sub w/Deli Pickle
 Breaded Pork Steak w/Buttermilk Biscuit

Vegetable Sides

(Choose 2)

Lima Beans
 Mashed Potatoes & Gravy

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
 Fresh Whole Fruit

Tuesday, December 12

Main Line Entrées

(Choose 1)

Taco Salad Bowl
 Offered with Variety of Toppings
 Italian Deli Sub w/Deli Pickle
 Hot Italian Meatball Sub

Vegetable Sides

(Choose 2)

Steamed Sweet Green Peas
 Golden Sweet Corn

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
 Fresh Whole Fruit

Wednesday, December 13

Main Line Entrées

(Choose 1)

Turkey & Dressing Supreme
 Offered with Freshly Baked Parkerhouse Roll
 Turkey & Swiss Sub w/Deli Pickle
 Steak & Cheese Panini

Vegetable Sides

(Choose 2)

Green Beans
 Rosemary Red Skin Potatoes

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
 Fresh Whole Fruit

Thursday, December 14

Main Line Entrées

(Choose 1)

Mouth Watering Mac & Cheese
 Offered w/Corn Muffin
 All American Sub w/Deli Pickle
 Shrimp & Fish Plate w/Corn Muffin

Vegetable Sides

(Choose 2)

Steamed Broccoli
 Seasoned Pinto Beans

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
 Fresh Whole Fruit

Friday, December 15

EARLY DISMISSAL

Main Line Entrées

(Choose 1)

Pizza Crunchers
 Ham & Cheese Sub

Vegetable Sides

(Choose 2)

Baby Carrots
 Crispy Tater Coins

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
 Fresh Whole Fruit

**See You
Next Year!**

Last day of school:
Friday, December 15

Classes Resume
Tuesday, January 2

