

Menus for February 2014

Lynchburg City Schools
Secondary School Menu



Swans are one of the few animals that will mate for life!

Happy Valentine's Day!



Available Daily
Fully Stocked Salad Bar
And Assorted Fruits

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

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

Menu Subject to Change



We are adding back many of your
Menu Favorites
Check them Out!



- More Pizza
- More Chicken Fillet—Regular & Spicy
- More Spaghetti
- More Tacos
- More 100% Local Beef Cheeseburgers
- More Chef Inspired New Recipe Entrees 🍽️
 - Fresh Made Chicken Salad
 - Fresh Made Soups
 - Creamy Macaroni & Cheese

NEW VARIETY POTATO BAR EVERY THURSDAY!

A different Potato featured each week

- Fresh Baked Potato
- Crispy Potato Wedges
- Creamy Mashed Potatoes

with all the **FIXIN'S**:

- Hot & Spicy Chili w/ Beans
- Creamy Cheese Sauce
- Freshly Steamed Broccoli
- Crisp Turkey Bacon Chunks
- Baked "Tostitos"



TRUST YOUR HEART.



Your heart knows: **WHAT TIME**

you eat matters.

Eating a healthy meal early in the day is linked to a lower risk of heart attack, while eating late at night before bed is linked to an

increased risk. Listen to your heart!

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

Featured Specials of the Day

Monday, February 10

Hot Dog w/wo Chili/ WG Bun Or Assorted Pizza Or
Crisp Chicken Fillet/ WG Bun; Crisp French Fries; Cole Slaw

Tuesday, February 11

Chicken Vegetable Soup w/ "Goldfish" Toasted Cheese Sandwich
Or Oven Roasted Chicken or Spicy Chicken Fillet/ WG Bun;
Macaroni & Cheese; Yogurt Fruit Salad w/ Fresh Chopped Apples

Wednesday, February 12

Cheesy Pizza Sticks w/ Marinara Sauce Or Crisp Chicken Fillet/ WG
Bun or 🍽️ Chef Inspired Entrée; Hot Vegetable of Choice

Thursday, February 13

Potato Bar w/ Chili Beans, Cheese, Broccoli, Bacon;
Celery & Carrots Sticks w/ dip; Baked "Tostitos"



Valentine Lunch

Friday, February 14

Grilled Chicken Fillets w/ Specialty Sauce Or Potato Crusted
Fish Fillet Or Fresh Made Chicken Salad;
Creamy Mashed Potatoes; Seasoned Green Beans; Fresh
Baked Wheat Roll; "Sweetheart" Cherry Ice Cup

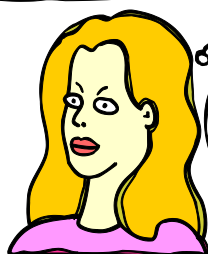


**DO SOMETHING NICE FOR ALL THE
"SWEETHEARTS" IN YOUR LIFE!**

DON'T LET THIS HAPPEN TO YOU!!!

OH NO! IT'S CLAIRE!

SHE STILL HASN'T FORGIVEN ME FOR THE TIME I ASKED HER TO SNEAK OUT TO **BIG GREASY BURGERLAND** FOR LUNCH! I SHOULD HAVE KNOWN SHE LIKES TO EAT LUNCH AT SCHOOL! **WHAT SHOULD I DO?**



JUST KEEP WALKING, **GREASE BOY!**

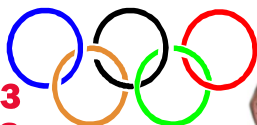
PORTRAITS OF

SPECTACULAR
Athletes

Elana Meyers was a softball all-star in college, hitting a game-winning grand slam in her final home game at George Washington University. She switched to bobsledding after graduation and won a bronze medal at the 2010 Olympics in Vancouver. She hopes to compete for gold this year in Sochi.

**Winter
Olympics**

**February 7-23
Sochi, Russia**



ELANA MEYERS



Featured Specials of the Day

Monday, February 17

Chicken Fillet/ WG Bun Or Turkey & Cheese w/LTO /WG Bun Or Assorted Pizza; Crisp French Fries; Hot Vegetable of Choice

Tuesday, February 18

Celebrating Feb. Birthdays



Fresh Made Turkey in Gravy Or **Spicy Chicken** Fillet/ WG Bun Or Specialty Wrap w/ LTO; Creamy Mashed Potatoes; Fresh Fzn. Green Peas; Fresh Baked Wheat Roll
"Happy Birthday" Ice Cup

Wednesday, February 19

Cheesy Pizza Sticks w/ Marinara Sauce Or Crisp Chicken Fillet/ WG Bun Or  Chef Inspired Entrée; Hot Vegetable of Choice

Thursday, February 20

Potato Bar w/ Chili Beans, Cheese, Broccoli, Bacon; Fresh Veggies w/ Dip; Baked "Tostitos"

Friday, February 21

100% Local Beef Cheeseburger/ WG Bun Or Specialty Sub w/LTO Or Chicken Fillet/ WG Bun; BBQ Beans; Fruit/Veggie Juice

Featured Specials of the Day


Monday, February 24

Chicken Fillet/ WG Bun Or Assorted Pizza Or Hot Dog/ WG Bun w/wo Chili; Crisp French Fries; Cole Slaw

Tuesday, February 25

Taco w/ shell, cheese, L&T Or **Spicy Chicken** Fillet/ WG Bun Or Ham & Cheese Sub w/LTO; Golden Corn; Southwest Baked Beans

Wednesday, February 26

 Assorted Pizza Or Chicken Fillet/ WG Bun Or Chef Inspired Entrée - Jerk Chicken w/ Brown Rice; Hot Vegetable of Choice

Thursday, February 27

Potato Bar w/ Chili Beans, Cheese, Broccoli, Bacon; Fresh Veggies w/ Dip; Baked "Tostitos"

Friday, February 28

Early Dismissal Lunch

PBJ Sandwich Or Turkey & Cheese / WG Bun; Fresh Baby Carrots; Raisins; Fruit/Veggie Juice

Use our on-line website for meal account information and on-line payments.



mySchoolBucks®



*Hold On—Spring is on
it's Way!*

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