

MENUS FOR FEBRUARY 2017

GROUNDHOG DAY
FEBRUARY 2ND

Lynchburg City
Schools
High School Menus



This institution is an equal opportunity provider.

Weekly Grab N' Go Menu

Monday

CHEF SALAD w/CROUTONS & CRACKERS
ALL AMERICAN CLUB SUB w/FRESH FRUIT OR VEGGIE
SMUCKER'S PBJ UNCRUSTABLE & CHEESE STICK w/SOFT PRETZEL BITES

Tuesday

APPLE CHICKEN SALAD PLATE w/SOFT PRETZEL BITES
APPLE CHICKEN CIABATTA w/FRESH FRUIT OR VEGGIE
HUMMUS & PASTA PROTEIN PACK w/PITA POINTS

Wednesday

ASIAN CHICKEN SALAD w/PITA POINTS
ITALIAN DELI SUB w/FRESH FRUIT OR VEGGIE
FRUIT & YOGURT PARFAIT w/GRANOLA & FRESH FRUIT

Thursday

SOUTHWEST CHICKEN SALAD w/TORTILLA CHIPS
SMOKED TURKEY & SWISS CROISSANT w/FRESH FRUIT OR VEGGIE
HUMMUS & FRUIT PROTEIN PACK w/PITA POINTS

Friday

BUFFALO CHICKEN SALAD w/SOFT PRETZEL BITES
MANAGER'S CHOICE DELI SANDWICH w/FRESH FRUIT OR VEGGIE
GREEK YOGURT & JIF PEANUT BUTTER PROTEIN PACK w/PRETZEL BITES

Featured Specials of the Day

Wednesday, February 1

CHICKEN WAFFLE SANDWICH w/MAPLE MAYO
ASIAN CHICKEN & VEG EGG ROLL w/RICE
B-Y-O NACHOS or TACO SALAD BOWL

Thursday, February 2

HOT HAM & CHEESE PANINI
CREAMY MACARONI & CHEESE w/CORN MUFFIN
B-Y-O POTATO BAR w/DINNER ROLL

Friday, February 3

CAROLINA PORK BBQ ON WG BUN
CHICKEN FAJITA w/MEXICAN RICE
B-Y-O NACHOS or TACO SALAD BOWL

Monday, February 6

STEAK & CHEESE SUB w/AU JUS DIPPING SAUCE
PIZZA DIPPERS w/MARINARA SAUCE
B-Y-O NACHOS or TACO SALAD BOWL

Tuesday, February 7

DOUBLE DOGS ON WG BUNS
COWBOY STEW w/WG BISCUIT
B-Y-O POTATO BAR w/WG BISCUIT

Wednesday, February 8

GRILLED CHEESE SANDWICH
FISH & SHRIMP PLATE w/CORN MUFFIN
B-Y-O NACHOS or TACO SALAD BOWL

Thursday, February 9

HOT CUBAN PORK SANDWICH
HARVEST STEW w/WG DINNER ROLL
B-Y-O POTATO BAR w/DINNER ROLL

Friday, February 10

POTATO CRUSTED FISH FILLET ON WG BUN
SZECHWAN CHICKEN w/RICE
B-Y-O NACHOS or TACO SALAD BOWL

HAPPY FACE= HEALTHY HEART.



It's February again, so let's talk hearts! A study that followed subjects for 10 years found that people who express positive emotions like contentment and happiness most often were far less likely to develop heart disease. So put on a happy face!

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

Available Daily

Pizzeria Style Pizza

Grilled Chicken Breast Sandwich

Spicy Chicken Breast Sandwich

Breaded Chicken Breast Sandwich

Entrée Salad

Cold Deli Sandwich

Included with Lunch

Lunch Entrée

2 Servings of Fruit

2 Servings of Vegetables

8 oz Milk

74

BY THE NUMBERS

ABOUT 74% OF AMERICANS AGES
12-17 HAD A SMARTPHONE IN 2016,
UP FROM LESS THAN 50% IN 2013.

Featured Specials of the Day

Monday, February 13

BACON CHEESEBURGER ON WG BUN
BREADED PORK STEAK W/BISCUIT
B-Y-O NACHOS OR TACO SALAD BOWL

Tuesday, February 14

MEATBALL & MOZZARELLA SUB
THREE BEAN CHILI W/TORTILLA CHIPS
B-Y-O POTATO BAR W/WG BISCUIT

Wednesday, February 15

CHICKEN WAFFLE SANDWICH W/MAPLE MAYO
ASIAN CHICKEN & VEG EGG ROLL W/RICE
B-Y-O NACHOS OR TACO SALAD BOWL

Thursday, February 16

HOT HAM & CHEESE PANINI
CREAMY MACARONI & CHEESE W/CORN MUFFIN
B-Y-O POTATO BAR W/DINNER ROLL

Friday, February 17

CAROLINA PORK BBQ ON WG BUN
CHICKEN FAJITA W/MEXICAN RICE
B-Y-O NACHOS OR TACO SALAD BOWL

School Meals

We serve education every day™

Featured Specials of the Day

Monday, February 20

STEAK & CHEESE SUB W/AU JUS DIPPING SAUCE
PIZZA DIPPERS W/MARINARA SAUCE
B-Y-O NACHOS OR TACO SALAD BOWL

Tuesday, February 21

DOUBLE DOGS ON WG BUNS
COWBOY STEW W/WG BISCUIT
B-Y-O POTATO BAR W/WG BISCUIT

Wednesday, February 22

GRILLED CHEESE SANDWICH
FISH & SHRIMP PLATE W/CORN MUFFIN
B-Y-O NACHOS OR TACO SALAD BOWL

Thursday, February 23

HOT CUBAN PORK SANDWICH
HARVEST STEW W/WG DINNER ROLL
B-Y-O POTATO BAR W/DINNER ROLL

Friday, February 24

POTATO CRUSTED FISH FILLET ON WG BUN
SZECHWAN CHICKEN W/RICE
B-Y-O NACHOS OR TACO SALAD BOWL

eat fit

wanna stay fit?
gotta eat right!

the 10 items listed here are among the many delicious foods that are also good for heart health. You should try to make room for them often on your plate!

Almonds
Asparagus
Oatmeal
Walnuts
Spinach
Salmon
Blueberries
Strawberries
Black Beans
Cantaloupe

Please See Reverse for Items Available Daily

WINTER INTERSESSION

Monday, February 27

B-Y-O NACHO BAR
PBJ UNCRUSTABLE COMBO MEAL

Tuesday, February 28

REGULAR OR SPICY CHICKEN SANDWICH
ALL AMERICAN CLUB SUB

Wednesday, March 1

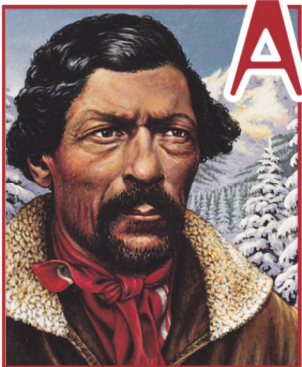
PIZZERIA STYLE PIZZA SLICE
PBJ UNCRUSTABLE COMBO MEAL

Included with your Lunch:

2 sides of fruit

2 sides of veggies

Choice of low fat or fat free milk



A CHIEF OF ALL CHIEFS

Jim Beckwourth was born a slave in Virginia around 1800. He became a legendary mountain man, fur trader, hunter, and explorer in the untamed Western U.S. during the 1820's and 30's. Beckwourth discovered a mountain pass near Lake Tahoe that still bears his name. He spent much of his adult life in the West living with Apaches, Sacs, and other Native Americans, who gave him the name Dark Sky. Beckwourth led the Crows in battle against the Blackfeet and was named "A Chief of All Chiefs" by the Crow Nation. Later, he established trading posts that became the towns of Pueblo, Colorado and Beckwourth, California. Beckwourth died in a Crow village in Montana in 1866.

AFRICAN AMERICAN HISTORY MONTH

Want to learn more? Start by going to Blackpast.org or doing a search for Jim Beckwourth.