

# MENUS FOR FEBRUARY 2017

**Lynchburg City  
Schools Middle  
School Menus**



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

## Grab n' Go Breakfast

**MONDAYS**  
Sausage Biscuit  
Pillsbury WG FRUDEL  
WG Pop Tart & Yogurt

**TUESDAYS**  
Breakfast Pizza  
Pillsbury WG MINI CINNIS  
Yogurt Parfait & Granola

**WEDNESDAYS**  
Breakfast Chicken Slider  
Pillsbury WG FRUDEL  
WG Muffin & Yogurt

**THURSDAYS**  
Breakfast Pizza  
Pancake & Sausage Bites  
Yogurt Parfait & Granola

**FRIDAYS**  
Bacon, Egg & Cheese Sandwich  
Kellogg's WG MINI PANCAKES  
WG Pop Tart & Yogurt

Assorted Cold Cereals &  
Grahams offered daily

Breakfast Includes:  
Breakfast Entrée, Fruit Juice,  
1 Serving of Fruit,  
1% or Fat Free Milk



Madame C. J. Walker was the first woman, black or white, to become a millionaire entirely by her own accomplishments. Born in 1867 to former slaves, she worked in the Louisiana cotton fields as a child, but later developed a line of hair-care and cosmetic products for black women. By 1917, her company was the largest black-owned business in the U.S.

Learn more at [www.madamcjwalker.com](http://www.madamcjwalker.com)

## Grab n' Go Lunch Menu

**Mondays**  
Chef Salad w/CROUTONS & CRACKERS  
All American Club Sub  
Hummus Cup Protein Pack

**Tuesdays**  
Apple Chicken Salad Plate w/SOFT PRETZEL BITES  
Apple Chicken Salad Ciabatta  
JIF Peanut Butter Cup Protein Pack

**Wednesdays**  
Asian Chicken Salad w/PITA POINTS  
Italian Deli Sub  
Yogurt Cup Protein Pack

**Thursdays**  
Southwest Chicken Salad w/TORTILLA CHIPS  
Smoked Turkey & Swiss Croissant  
Hummus Cup Protein Pack

**Fridays**  
Buffalo Chicken Salad w/SOFT PRETZEL BITES  
Manager's Choice Deli Sandwich  
JIF Peanut Butter Cup Protein Pack

**Daily**  
Grilled or Breaded Chicken Sandwich  
Served with Potatoes and Pickle Spear  
PBJ Uncrustable Combo Meal  
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 required offering.  
All meals include 8oz Milk.

## 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!**

### Wednesday, February 1

#### Main Line Entrées (Choose 1)

Ham, Egg & Cheese English Muffin  
Italian Deli Sub  
Breakfast for Lunch

#### Vegetable Sides (Choose 2)

Seasoned Diced Potatoes  
"Sunset Sip" V-blend Juice

#### Fruit Sides (Choose 1)

Cinnamon Baked Apples  
Fresh Whole Fruit

### Thursday, February 2

#### Main Line Entrées (Choose 1)

Potato Crusted Fish Fillet on WG Bun  
Smoked Turkey & Swiss Croissant  
Spaghetti & Meatballs w/Breadstick

#### Vegetable Sides (Choose 2)

Fresh Broccoli Salad  
California Vegetable Medley

#### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

### Friday, February 3

#### Main Line Entrées (Choose 1)

Cuban Style Ham & Cheese Panini  
Manager's Choice Sandwich  
Pizza Slice w/Selection of Toppings

#### Vegetable Sides (Choose 2)

Campbell's Tomato Soup  
Crinkle Cut Potato Fries

#### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

### Monday, February 6

#### Main Line Entrées (Choose 1)

100% Beef Patty on WG Bun  
Offered with or without American Cheese  
All American Sub w/Deli Pickle  
Breaded Pork Steak w/WG Biscuit

#### Vegetable Sides (Choose 2)

Lima Beans  
Mashed Potatoes & Gravy

#### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

### Tuesday, February 7

#### Main Line Entrées (Choose 1)

Meatball & Mozzarella Sub  
Chicken Salad on Ciabatta Roll  
Taco Salad Bowl

#### Vegetable Sides (Choose 2)

Seasoned Pinto Beans  
Garden Pasta Salad

#### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

### Wednesday, February 8

#### Main Line Entrées (Choose 1)

Hearty Harvest Stew w/Biscuit  
Italian Deli Sub  
Baked Chicken w/Biscuit

#### Vegetable Sides (Choose 2)

Green Beans  
Rosemary Red Skin Potatoes

#### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

### Thursday, February 9

#### Main Line Entrées (Choose 1)

Carolina Style Pork BBQ on WG Bun  
Smoked Turkey & Swiss Croissant  
Mouth Watering Mac & Cheese  
Offered w/Corn Muffin

#### Vegetable Sides (Choose 2)

Steamed Broccoli  
Creamy Cole Slaw

#### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

### Friday, February 10

#### Main Line Entrées (Choose 1)

Shrimp & Fish Plate w/Corn Muffin  
Manager's Choice Sandwich  
Pizza Crunchers

#### Vegetable Sides (Choose 2)

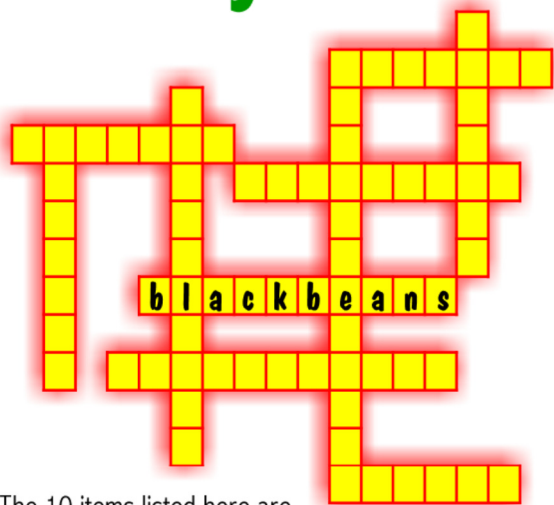
Baby Carrots w/Ranch Dip  
Savory Potato Wedges

#### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit



## Can you fit in the "hearty" foods?



The 10 items listed here are among the many delicious foods that are also good for heart health! Your family should make room for them on your plates – and you should also try to fit them in to the crossword puzzle above!

**Almonds**  
**Asparagus**  
**Oatmeal**

**Walnuts**  
**Spinach**  
**Salmon**

**Blueberries**  
**Strawberries**  
**Black Beans**  
**Cantaloupe**

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)

**Monday, February 13**

### Main Line Entrées (Choose 1)

100% Beef Patty on WG Bun  
Offered with or without American Cheese  
All American Sub w/Deli Pickle  
Pizza Dippers w/Marinara Sauce

### Vegetable Sides (Choose 2)

Three Bean Chili  
Crispy Tater Coins

### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

**Tuesday, February 14**

### Main Line Entrées (Choose 1)

Hot Italian Turkey Panini  
Chicken Salad on Ciabatta Roll  
Cheesy Beef Nachos

### Vegetable Sides (Choose 2)

Refried Beans w/Salsa & Cheese  
Golden Sweet Corn

### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

**Wednesday, February 15**

### Main Line Entrées (Choose 1)

Ham, Egg & Cheese English Muffin  
Italian Deli Sub  
Breakfast for Lunch

### Vegetable Sides (Choose 2)

Seasoned Diced Potatoes  
"Sunset Sip" V-blend Juice

### Fruit Sides (Choose 1)

Cinnamon Baked Apples  
Fresh Whole Fruit

**Thursday, February 16**

### Main Line Entrées (Choose 1)

Potato Crusted Fish Fillet on WG Bun  
Smoked Turkey & Swiss Croissant  
Spaghetti & Meatballs w/Breadstick

### Vegetable Sides (Choose 2)

Fresh Broccoli Salad  
California Vegetable Medley

### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

**Friday, February 17**

### Main Line Entrées (Choose 1)

Cuban Style Ham & Cheese Panini  
Manager's Choice Sandwich  
Pizza Slice w/Selection of Toppings

### Vegetable Sides (Choose 2)

Campbell's Tomato Soup  
Crinkle Cut Potato Fries

### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

**Monday, February 20**

### Main Line Entrées (Choose 1)

100% Beef Patty on WG Bun  
Offered with or without American Cheese  
All American Sub w/Deli Pickle  
Breaded Pork Steak w/WG Biscuit

### Vegetable Sides (Choose 2)

Lima Beans  
Mashed Potatoes & Gravy

### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

**Tuesday, February 21**

### Main Line Entrées (Choose 1)

Meatball & Mozzarella Sub  
Chicken Salad on Ciabatta Roll  
Taco Salad Bowl

### Vegetable Sides (Choose 2)

Seasoned Pinto Beans  
Garden Pasta Salad

### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

**Wednesday, February 22**

### Main Line Entrées (Choose 1)

Hearty Harvest Stew w/Biscuit  
Italian Deli Sub  
Baked Chicken w/Biscuit

### Vegetable Sides (Choose 2)

Green Beans  
Rosemary Red Skin Potatoes

### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

**Thursday, February 23**

### Main Line Entrées (Choose 1)

Carolina Style Pork BBQ on WG Bun  
Smoked Turkey & Swiss Croissant  
Mouth Watering Mac & Cheese  
Offered w/Corn Muffin

### Vegetable Sides (Choose 2)

Steamed Broccoli  
Creamy Cole Slaw

### Fruit Sides (Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

**Friday, February 24**

### EARLY DIMISSAL

### Lunch Entrées (Choose 1)

Pizza Crunchers  
Ham & Cheese Sub

### Lunch Sides (All Included)

"Sunset Sip" V-blend Juice

Raw Veggie Bowl w/Dip  
Applesauce

**Monday, February 27**

### WINTER INTERSESSION

### Lunch Entrées (Choose 1)

100% Beef Patty on WG Bun  
Prepared with or without American Cheese  
Ham, Egg & Cheese English Muffin

### Lunch Sides (All Included)

Crispy Tater Coins  
Crunchy Baby Carrots  
Applesauce

**Tuesday, February 28**

### Lunch Entrées (Choose 1)

Breaded Chicken Patty on WG Bun  
All American Club Sub

### Lunch Sides (All Included)

Golden Sweet Corn  
Celery Sticks  
Diced Freestone Peaches



Every complete meal  
we serve comes with  
your choice of lowfat  
or nonfat milk!



The first watermelon harvest in recorded history took place 5,000 years ago. But just three decades ago, seedless watermelons accounted for under 1% of the overall watermelon market. Today, that share has passed 70% and is still growing. Nowadays, seeded watermelons are mainly grown because seedless melons can't pollinate without them!



A TASTY MORSEL FOR PARENTS