

Menus for February 2018

Lynchburg City Schools Middle School Lunch Menus

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



Monday, February 5

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, February 6

Main Line Entrées (Choose 1)

Taco Salad Bowl
Offered with Variety of Toppings
Italian Deli Sub w/Deli Pickle
NEW Hot Cuban Sandwich

Vegetable Sides (Choose 2)

Steamed Sweet Green Peas
Golden Sweet Corn

Fruit Sides (Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Wednesday, February 7

Main Line Entrées (Choose 1)

Savory Roasted Chicken w/WG Dinner 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, February 8

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, February 9

Main Line Entrées (Choose 1)

Pizza Crunchers
Ham & Cheese Sub w/Deli Pickle
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

Thursday, February 1

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, February 2

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

Available Daily

Mondays

Chef Salad w/CROUTONS & CRACKERS
Club Sub w/L-T-P & BABY CARROTS-DJP
PB&J w/YOGURT, VANILLA GRAHAMS & BANANA

Tuesdays

Southwest Chicken Salad w/TORTILLA CHIPS
Italian Sub w/L-T-P & GRAPE TOMATOES-DJP
PB&J w/CHEDDAR CUBES, GOLDFISH CRACKERS & APPLE SAUCE

Wednesdays

Chicken & Waffle Wednesday
Asian Chicken Salad w/PITA POINTS
Turkey & Swiss Sub w/L-T-P & CELERY STICKS-DJP
PB&J w/YOGURT, VANILLA GRAHAMS & APPLE SLICES

Thursdays

Harvest Chicken Salad w/GARLIC BREADSTICK
Club Sub w/L-T-P & BABY CARROTS-DJP
PB&J w/CHEDDAR CUBES, GOLDFISH CRACKERS & CARROTS

Fridays

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

Daily

Chicken Sandwich (except Wednesday)
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

MELTING AWAY.

Chocolate and hearts go together this time of year. And, yes, a little dark chocolate now and then can even be good for you. But scientists warn that the prime cocoa growing areas of the world could be too warm to grow the crop by as soon as 2050.



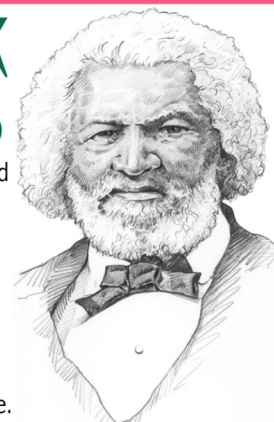
EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



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

FREDERICK DOUGLASS

Frederick Douglass escaped from slavery in Maryland in 1838. He became a renowned orator and abolitionist and the best known and most influential African American of his time.



AFRICAN AMERICAN HISTORY MONTH
Want to know more? Search for "Frederick Douglass" on-line.

All of our complete meals are always

**NO CHARGE
for all students**

with no need to submit an
application, thanks to the
Community Eligibility Program!

Monday, February 12

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, February 13

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

Wed., February 14

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, February 15

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, February 16

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, February 19

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, February 20

Main Line Entrées

(Choose 1)

Taco Salad Bowl
Offered with Variety of Toppings
Italian Deli Sub w/Deli Pickle
NEW! Hot Cuban Sandwich

Vegetable Sides

(Choose 2)

Steamed Sweet Green Peas
Golden Sweet Corn

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Wed., February 21

Main Line Entrées

(Choose 1)

Savory Roasted Chicken w/WG Dinner 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, February 22

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, February 23

Main Line Entrées

(Choose 1)

Pizza Crunchers
Ham & Cheese Sub w/Deli Pickle
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, February 26

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, February 27

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

Wed., February 28

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

YEAR OF THE DOG
2018

The Chinese
New Year
begins with
the new
moon on
February 16.
2018 is the
year of the
Dog.



PORTRAITS OF SPECTACULAR Athletes

Winter Olympics February 9-25 PyeongChang, South Korea

Photo by Brett Wilhelm/ESPN

Snowboarder Chloe Kim won three gold medals at the Winter X Games before she turned 16. She made the U.S. Olympic team in 2014, but at age 13 was too young to compete. Chloe, now 17, returns to her parents' home country of Korea to compete for gold in the 2018 Winter Olympics!

CHLOE KIM

NUTRITION TO GO

One study found that more than half of 7-to-9 year olds picked strawberries as their favorite fruit. A cup of strawberries contains just 50 calories, but delivers 140% of the RDA for vitamin C. Strawberries are the only fruit with seeds on the outside - about 200 seeds per berry!

A QUICK BITE FOR PARENTS