

Welcome to  
the New Year!

# 2016

Menus for January

**LYNCHBURG CITY SCHOOLS  
HIGH SCHOOL MENUS**

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

## Available Daily

### ENTRÉE

**\*NEW\* PIZZERIA STYLE  
PIZZA**

### VEGETABLE

**Fresh Garden Salad**

### FRUIT

**Seasonal Fresh Whole Fruit  
Selection of Cupped Fruit**

### GARNISH

(included with sandwich)

**Lettuce, Sliced Tomato &  
Pickle**

**FAT FREE or 1% MILK**

School will be closed on Monday, January 18  
in honor of Martin Luther King, Jr.'s Birthday



## Menus for January 4-8 and January 20-22

### HAVE IT YOUR WAY STATION SUBS & NACHOS WITH ALL THE FIXINGS

#### MONDAY

BEEF & CHEESE NACHOS  
BEEF SOFT TACO w/Baked Scoops & Salsa

**OFFERED WITH**  
Seasoned Potato Wedges & Refried Beans  
Veggie and Fruit Bar

#### TUESDAY

HOT BEEF STEAK & GRAVY SUB  
AMERICAN CLUB SUB

**OFFERED WITH**  
Crispy Tater Rounds  
Veggie and Fruit Bar

#### WEDNESDAY

BEEF & CHEESE NACHOS  
BEEF SOFT TACO w/Baked Scoops & Salsa

**OFFERED WITH**  
Shoe String Potato Fries  
Veggie and Fruit Bar

#### THURSDAY

HOT MEATBALL SUB  
CHICKEN or TUNA SALAD SUB

**OFFERED WITH**  
Creamy Mashed Potatoes w/Gravy  
Veggie and Fruit Bar

#### FRIDAY

BEEF & CHEESE NACHOS  
BEEF SOFT TACO w/Baked Scoops & Salsa

**OFFERED WITH**  
Seasoned Potato Wedges & California Vegetable Medley  
Veggie and Fruit Bar

### BUFFET STATIONS HOT & COLD ENTREES MADE FRESH DAILY

#### MONDAY

BREADED CHICKEN FILLET on a Bun  
MEXICAN STYLE BEEF-A-RONI served with Tostito Scoops

**OFFERED WITH**  
Seasoned Potato Wedges  
Refried Beans & Succotash

#### TUESDAY

HOT HAM & CHEESE BAGEL  
BRUNCH FOR LUNCH— EGGS, SAUSAGE & FRENCH TOAST

**OFFERED WITH**  
Crispy Tater Rounds & Fresh Carrots w/Ranch Dip  
Cinnamon Baked Apples

#### WEDNESDAY

SPICY or HONEY BBQ RIBS on a Bun  
ITALIAN CHICKEN & BROCCOLI ALFREDO  
Over Spiral Noodles and served with Freshly Baked Garlic Breadstick

**OFFERED WITH**  
Shoe String Potato Fries, Corn & Edamame Salad  
Steamed Broccoli

#### THURSDAY

TEXAS STYLE PORK BBQ on a Bun  
HERB ROASTED CHICKEN w/Freshly Baked Dinner Roll

**OFFERED WITH**  
Creamy Mashed Potatoes w/Gravy & Green Beans  
Freshly Made Cole Slaw

#### FRIDAY

POTATO CRUSTED FISH FILLET on a Bun  
SOUTHWEST CHILI with BEANS served with Tostito Scoops

**OFFERED WITH**  
Seasoned Potato Wedges  
California Vegetable Medley & Cole Slaw

**LUNCH INCLUDES ENTRÉE, 2 SIDES OF VEGETABLES, 2 SIDES OF FRUIT & MILK**

## Menus for January 11-15 and January 25-29

### HAVE IT YOUR WAY STATION SUBS & NACHOS WITH ALL THE FIXINGS

#### MONDAY

BEEF & CHEESE NACHOS  
BEEF SOFT TACO w/Baked Scoops & Salsa

**OFFERED WITH**  
Seasoned Potato Wedges & Refried Beans  
Veggie and Fruit Bar

#### TUESDAY

PHILLY STYLE CHEESE STEAK SUB  
AMERICAN CLUB SUB

**OFFERED WITH**  
Mashed Potatoes & Gravy  
Veggie and Fruit Bar

#### WEDNESDAY

BEEF & CHEESE NACHOS  
BEEF SOFT TACO w/Baked Scoops & Salsa

**OFFERED WITH**  
Shoe String Potato Fries  
Veggie and Fruit Bar

#### THURSDAY

HOT MEATBALL SUB  
ITALIAN DELI SUB

**OFFERED WITH**  
Seasoned Curly Fries  
Veggie and Fruit Bar

#### FRIDAY

BEEF & CHEESE NACHOS  
BEEF SOFT TACO w/Baked Scoops & Salsa

**OFFERED WITH**  
Crispy Tater Rounds & Steamed Broccoli  
Veggie and Fruit Bar

### BUFFET STATIONS HOT & COLD ENTREES MADE FRESH DAILY

#### MONDAY

BREADED CHICKEN FILLET on a Bun  
CHICKEN QUESADILLA served with Salsa & Sour Cream

**OFFERED WITH**  
Seasoned Potato Wedges  
Golden Sweet Corn & Refried Beans

#### TUESDAY

BREADED PORK STEAK on a Bun  
OVEN FRIED CHICKEN served with Freshly Baked Dinner Roll

**OFFERED WITH**  
Creamy Mashed Potatoes w/Gravy & Green Beans  
Fresh Carrots w/Ranch Dip

#### WEDNESDAY

TEXAS STYLE PORK BBQ on a Bun  
CHICKEN FAJITA on Flatbread  
served with Sautéed Peppers & Onions

**OFFERED WITH**  
Shoe String Potato Fries  
Freshly Made Cole Slaw

#### THURSDAY

BACON CHEESEBURGER on a Bun  
BREADED CHICKEN TENDERS w/Freshly Baked Dinner Roll

**OFFERED WITH**  
Seasoned Curly Fries  
Steamed Green Peas

#### FRIDAY

SPICY or HONEY BBQ RIBS on a Bun  
SPAGHETTI & MEAT SAUCE served with Freshly Baked Garlic Breadstick

**OFFERED WITH**  
Crispy Tater Rounds  
Steamed Broccoli & Fresh Garden Salad

**LUNCH INCLUDES ENTRÉE, 2 SIDES OF VEGETABLES, 2 SIDES OF FRUIT & MILK**

First things First

# BREAKFAST @SCHOOL

For first-class learning!

Please see reverse for  
items available daily

## Grab n' Go Breakfast Featuring

Savory Breakfast Biscuits  
Satisfying Breakfast Pizza  
Pillsbury Mini Cinnis  
Pillsbury Mini Pancakes  
Moist Muffins & Fruit Yogurt  
Kellogg's Pop Tart & Yogurt  
Fantastic Flapsticks  
French Toast Sticks  
Fruit Smoothies w/Granola  
Breakfast Parfaits w/Granola  
Selection of Cold Cereals  
w/Graham Crackers

Breakfast includes choice of entrée, juice,  
1 serving of fruit and choice of milk