



Lynchburg City Schools High School Menus

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

GRAB N' GO MENUS

Thursday, June 1

SHAKE UP CHOPPED SALAD w/ SOFT PRETZEL BITES
SMOKED TURKEY & SWISS CROISSANT w/ FRESH FRUIT OR VEGGIE
HUMMUS & FRUIT PROTEIN PACK w/ PITA POINTS

Friday, June 2

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

ALSO AVAILABLE

JUNE 1ST & 2ND

Pizzeria Style Pizza
Breaded Chicken Fillet Sandwich
Entrée Salad
Cold Deli Sandwich

Featured Specials of the Day

Thursday, June 1

HOT HAM & CHEESE CROISSANT
BUFFALO CHICKEN CHUNKS w/ CORN MUFFIN
B-Y-O POTATO BAR w/ DINNER ROLL

Friday, June 2

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

EXAM WEEK—GOOD LUCK!

Monday, June 5

BREADED CHICKEN FILLET SANDWICH
PIZZA DIPPERS w/ MARINARA SAUCE
ITALIAN DELI SUB

Tuesday, June 6

MID MORNING SNACK

SAUSAGE, EGG & CHEESE BISCUIT
PBJ & YOGURT w/ GRANOLA

Wednesday, June 7

MID MORNING SNACK

CHICKEN BISCUIT w/ CHEESE STICK
PBJ & YOGURT w/ GRANOLA

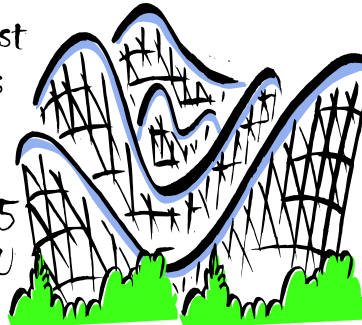
Thursday, June 8

MID MORNING SNACK

MANAGER'S CHOICE

All meals offered with 2 servings of fruit,
2 servings of vegetables and 8oz Milk

The world's tallest
roller coaster is
over 450 feet
high and hits
speeds up to 125
mph! Would YOU
ride it???



NUMBERS GAME.

30 SPF sunscreen provides about the same protection from sunburn and skin damage as higher numbers. What's important is to get good skin coverage, reapply at least every 2 hours (more frequently when swimming or exercising), and choose sunscreen that provides "broad-spectrum" or "UVA/UVB" protection.



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

Congratulations and best of
luck to all members of the
Class of 2017.





SUMMER MEALS for KIDS & TEENS

Being served at ten locations
throughout Lynchburg

Open to all children 18 and younger

NO Enrollment, NO Cost!

LOCATION/CONTACT	MEAL TIMES	DATES
BOYS & GIRLS CLUB (Madison St) Christine Goode—846-1111	Breakfast—9:00 AM Lunch—12:00 PM	June 12—August 4 Monday—Friday
BOY'S & GIRLS CLUB (Jefferson Park) Herb Smith—841-8962	Breakfast—9:00 AM Lunch—12:00 PM	June 12—August 4 Monday—Friday
BIRCHWOOD COMMUNITY CENTER Natalie Gaddis—485-7200	Lunch—1:00 PM Snack—4:00 PM	June 12—August 4 Monday—Friday
JOHN HUGHES COMMUNITY CENTER Natalie Gaddis—485-7200	Lunch—1:00 PM Snack—4:00 PM	June 12—August 4 Monday—Friday
LYNCHBURG PUBLIC LIBRARY Beverly Blair—455-6313	Lunch—1:00 PM	June 19—July 28 Monday/Wednesday/Friday
COLLEGE HILL CENTER Jimmy Oliver—847-1418	Lunch—12:30 PM Snack—3 :00 PM	June 19—August 4 Monday—Friday
DANIEL'S HILL CENTER Rory Lee-Washington—847-1396	Breakfast—8:30 AM Lunch—12:30 PM	June 19—August 4 Monday—Friday
DIAMOND HILL CENTER Micky Ferguson—847-1409	Breakfast—8:30 AM Lunch—12:30 PM	June 19—August 4 Monday—Friday
FAIRVIEW CENTER Sue Downs—847-1751	Lunch—12:30 PM Snack—3 :00 PM	June 19—August 4 Monday—Friday
YODER CENTER Arthur Sales—847-1645	Breakfast—8:30 AM Lunch—12:30 PM	June 19—August 4 Monday—Friday

SUMMER LUNCH MENU

MONDAYS

SMUCKER'S PBJ UNCRUSTABLE, CHEESE STICK & GRAHAM CRACKERS
CRISPY CELERY STICKS with RANCH DIP
V BLEND JUICE

TUESDAYS

ITALIAN DELI SUB with DORITOS
SWEET GRAPE TOMATOES
APPLESAUCE

WEDNESDAYS

HAM & CHEESE SANDWICH
FRESH BROCCOLI FLORETS with RANCH DIP
AMAZIN' RAISINS

THURSDAYS

CHEF SALAD with CORN MUFFIN
APPLESAUCE
RICE KRISPIE TREAT

FRIDAYS

TURKEY & CHEESE SUB with DORITOS
CRUNCHY BABY CARROTS with RANCH DIP
RIPS 100% JUICE SLUSHY