

# Menus for March 2017

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



## LYNCHBURG CITY SCHOOLS HIGH SCHOOL MENUS

### 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

SOUTHWEST CHICKEN SALAD w/TORTILLA CHIPS  
SOUTHWEST 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

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

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

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	

take the  
**SCHOOL BREAKFAST Challenge**

Kids! Join us for  
**National School Breakfast Week**  
March 6-10, 2017

**34.5** BY THE NUMBERS  
IN MILLIONS, THE NUMBER OF AMERICANS WHOSE HERITAGE IS PRIMARILY OR PARTIALLY IRISH.

# OFF THE GRIDDLE.

Eating a healthy breakfast is SO important, we shouldn't let traditional thinking stop us from eating a morning meal. Don't like eggs or juice or bananas or bacon? Have a piece of ham with fresh veggies on 100% wheat bread. It's still breakfast, we promise!



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

### Featured Specials of the Day

#### Monday, March 6

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

#### Tuesday, March 7

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

#### Wednesday, March 8

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

#### Thursday, March 9

HOT CUBAN PORK SANDWICH  
BACON CHEESEBURGER on WG BUN  
B-Y-O POTATO BAR w/DINNER ROLL

#### Friday, March 10

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

## Featured Specials of the Day

### Monday, March 13

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

### Tuesday, March 14

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

### Wednesday, March 15

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

### Thursday, March 16

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

### Friday, March 17

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

## Featured Specials of the Day

### Monday, March 20

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

### Tuesday, March 21

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

### Wednesday, March 22

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

### Thursday, March 23

HOT CUBAN PORK SANDWICH  
BACON CHEESEBURGER ON WG BUN  
B-Y-O POTATO BAR W/DINNER ROLL

### Friday, March 24

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

PLEASE SEE REVERSE  
SIDE FOR ITEMS  
AVAILABLE EVERY DAY

THE **Top 10 Artists** LIST

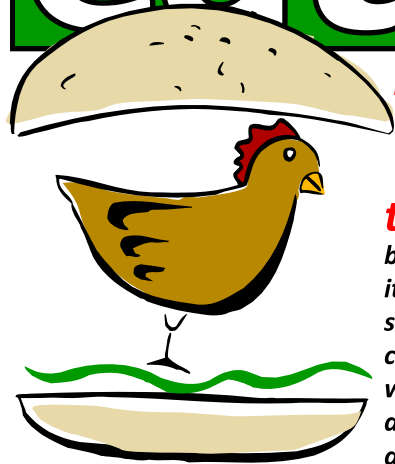
As determined the last week of February 2017

- 1/Migos
- 2/Ed Sheeran
- 3/Brantley Gilbert
- 4/The Weeknd
- 5/Drake
- 6/Bruno Mars
- 7/The Chainsmokers
- 8/Rihanna
- 9/Taylor Swift
- 10/twenty one pilots

Source: Billboard

# eat fit

## wanna stay fit? gotta eat right!



**item:** fast food chicken sandwich  
**verdict:** don't chuck the cluck,  
just eschew the goo

**tip:** Two problems with the standard bird-on-a-bun at the local fast food joint: it's deep fried and it's oozing with special sauce, mayo, cheese-like substance, or some other goo. Two solutions: choose a broiled or grilled bird and, to get all the way down to 300 calories and 3.5g of fat, hold the automatic mayo or sauce (try mustard instead). And while you're at it, ask the kid behind the counter to define the word "eschew."



Based on a deluxe chicken sandwich at a major chain.

## Featured Specials of the Day

### Monday, March 27

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

### Tuesday, March 28

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

### Wednesday, March 29

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

### Thursday, March 30

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

### Friday, March 31

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