

Menus for March 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

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!

Grab n' Go Lunch

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

Tuesdays
Southwest Chicken Salad w/TORTILLA CHIPS
Southwest Chicken Ciabatta
JIF Peanut Butter Cup Protein Pack

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

Thursdays
Shake Up Chopped Salad w/SOFT PRETZEL BITES
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.



Wednesday, March 1

WINTER INTERSESSION

Lunch Entrées (Choose 1)

Pizza Slice w/Selection of Toppings
PB&J Combo Meal

Lunch Sides (All Included)

Raw Veggie Bowl w/Ranch Dip
V-blend Juice
Chilled Mixed Fruit

WINTER BREAK

March 2—3

**Classes Resume
March 6**



Monday, March 6

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, March 7

Main Line Entrées (Choose 1)

Hot Italian Turkey Panini
Southwest Chicken Ciabatta
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, March 8

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, March 9

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, March 10

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, March 13

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, March 14

Main Line Entrées

(Choose 1)

Meatball & Mozzarella Sub
Southwest Chicken Ciabatta
Taco Salad Bowl

Vegetable Sides

(Choose 2)

Seasoned Pinto Beans
Garden Pasta Salad

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Wednesday, March 15

Main Line Entrées

(Choose 1)

Steak & Cheese Panini
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, March 16

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, March 17

Main Line Entrées

(Choose 1)

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

Vegetable Sides

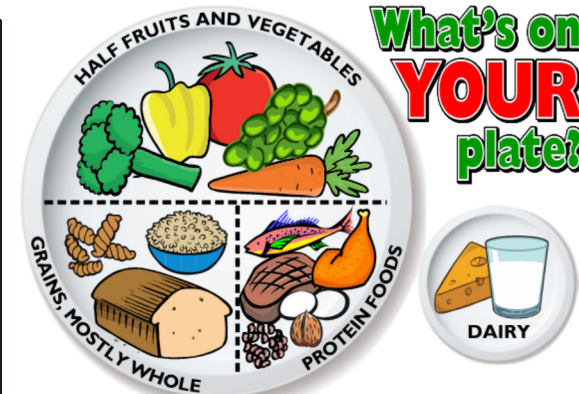
(Choose 2)

Baby Carrots w/Ranch Dip
Savory Potato Wedges

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit



REAL Irish food!

Corned beef and cabbage? Sorry, not really a traditional Irish meal! But here's an easy (and scrumptious) dish to try that IS authentically Irish: "Colcannon." It's usually a combination of mashed potatoes with kale, green onions, and sweet cream butter, and Colcannon is about as Irish as food gets — especially when, as here, it's served with lamb and roasted root vegetables! There's even an old



traditional song about this Irish favorite:

Did you ever eat Colcannon, made from lovely pickled cream?
With the greens and scallions mingled like a picture in a dream.
Did you ever make a hole on top to hold the melting flake
Of the creamy, flavoured butter that your mother used to make?

Colcannon is easy to make and there are plenty of recipes with all sorts of variations on-line! And besides, how many songs do you know about corned beef and cabbage?!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, March 20

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, March 21

Main Line Entrées

(Choose 1)

Hot Italian Turkey Panini
Southwest Chicken Ciabatta
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, March 22

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, March 23

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, March 24

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, March 27

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, March 28

Main Line Entrées

(Choose 1)

Meatball & Mozzarella Sub
Southwest Chicken Ciabatta
Taco Salad Bowl

Vegetable Sides

(Choose 2)

Seasoned Pinto Beans
Garden Pasta Salad

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Wednesday, March 29

Main Line Entrées

(Choose 1)

Steak & Cheese Panini
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, March 30

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, March 31

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