

Menus for March 2018

**Lynchburg City Schools
Laurel Regional School Menus**

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

EGG-CELLENT.



Ah, the humble, wonderful egg!
Just 75 or so calories, but with seven grams of high-quality protein, plus iron, vitamins, minerals, and other disease fighting nutrients. Versatile for cooking. Inexpensive. Readily available. Perhaps the perfect food - for breakfast, or any time!

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

Thursday, March 1

Lunch Entrée
Spaghetti & Meatballs w/Bread Stick

Lunch Sides
(All Included)

Green Beans
Romaine Garden Salad
Sliced Peaches

1% or Fat Free Milk

Friday, March 2

Lunch Entrée
Pizza Slice

Lunch Sides
(All Included)

Home Made Chicken & Vegetable Soup
Seasoned Potato Wedges
Applesauce

1% or Fat Free Milk

WEEKLY BREAKFAST MENU

Monday: Breakfast Chicken Slider

Tuesday: Cereal & String Cheese

Wed: Kellogg's WG Mini Pancakes

Thursday: Cereal & String Cheese

Friday: Yogurt & Vanilla Grahams

Breakfast includes: Milk,
Fruit Juice & 1 Serving of Fruit

Monday, March 5

Lunch Entrée
Cheeseburger Meatloaf on Bun

Lunch Sides
(All Included)

Mashed Potatoes w/Gravy
Romaine Garden Salad
Diced Pears

1% or Fat Free Milk

Tuesday, March 6

Lunch Entrée
Corn Dog Nuggets

Lunch Sides
(All Included)

Sweet Potatoes
V-Blend Juice
Fresh Whole Banana

1% or Fat Free Milk

Wednesday, March 7

Lunch Entrée
Baked Chicken w/Corn Muffin

Lunch Sides
(All Included)

Green Beans
Roasted Red Skin Potatoes
Mixed Fruit

1% or Fat Free Milk

Thursday, March 8

Lunch Entrée
Mac & Cheese w/Bread Stick

Lunch Sides
(All Included)

Seasoned Pinto Beans
Romaine Garden Salad
Applesauce

1% or Fat Free Milk

Friday, March 9

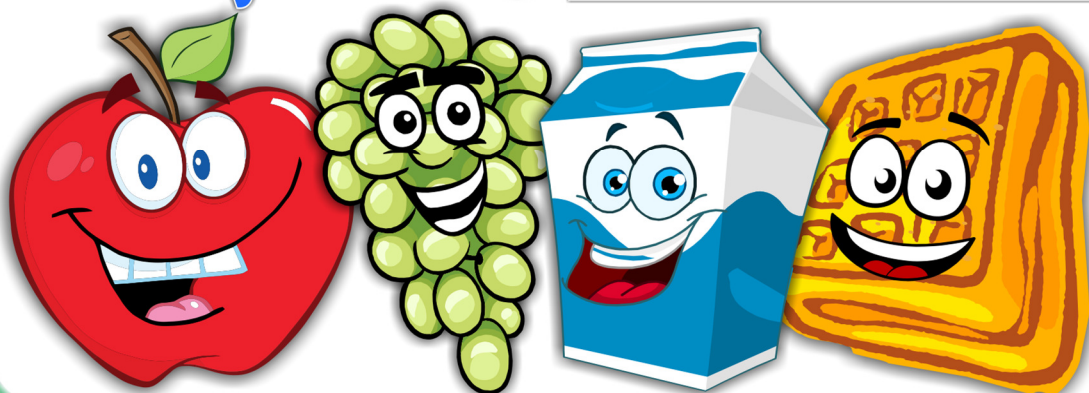
Lunch Entrée
Pizza Crunchers

Lunch Sides
(All Included)

Campbell's Tomato Soup
Crispy Tater Coins
Diced Peaches

1% or Fat Free Milk

come join us for Breakfast@School



AVAILABLE DAILY

Smuckers PB&J Uncrustable Combo Meal

Freshly Prepared Chef Salad
served w/Assorted Breads

Grilled Chicken Fillet on WG Bun

Fruit Yogurt, String Cheese & Muffin
(Wednesdays)



**Don't forget to
set your clocks
forward one hour
on Sunday,
March 11!**

Monday, March 12

Lunch Entrée

Chargrilled Beef Patty on WG Bun

Lunch Sides

(All Included)

Green Beans
Crinkle Cut Oven Fries
Diced Pears

1% or Fat Free Milk

Tuesday, March 13

Lunch Entrée

BBQ Pork Rib Sandwich

Lunch Sides

(All Included)

Southern Style Baked Beans
Romaine Garden Salad
Chilled Mixed Fruit

1% or Fat Free Milk

Wednesday, March 14

Lunch Entrée

Breakfast for Lunch

Lunch Sides

(All Included)

Seasoned Diced Potatoes
"Sunset Sip" V-blend Juice
Fresh Whole Banana

1% or Fat Free Milk

Thursday, March 15

EARLY DISMISSAL

Lunch Entrée

Pizza Crunchers

Lunch Sides

(All Included)

Romaine Garden Salad
Seasoned Potato Wedges
Applesauce

1% or Fat Free Milk

Friday, March 16

No School Today



**Professional Day
for Our Teachers**



**What's on
YOUR
plate?**

**Q: How do you turn
soup to gold?**



A: Put 14 carrots in it!

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

Monday, March 19

Lunch Entrée

Cheeseburger Meatloaf on WG Bun

Lunch Sides

(All Included)

Mashed Potatoes w/Gravy
Romaine Garden Salad
Diced Pears

1% or Fat Free Milk

Tuesday, March 20

Lunch Entrée

Corn Dog Nuggets

Lunch Sides

(All Included)

Sweet Potatoes
V-blend Juice
Fresh Whole Banana

1% or Fat Free Milk

Wednesday, March 21

Lunch Entrée

Baked Chicken w/Corn Muffin

Lunch Sides

(All Included)

Green Beans
Roasted Red Skin Potatoes
Mixed Fruit

1% or Fat Free Milk

Thursday, March 22

Lunch Entrée

Mac & Cheese w/Bread Stick

Lunch Sides

(All Included)

Seasoned Pinto Beans
Romaine Garden Salad
Applesauce

1% or Fat Free Milk

Friday, March 23

Lunch Entrée

Pizza Crunchers

Lunch Sides

(All Included)

Campbell's Tomato Soup
Crispy Tater Coins
Diced Peaches

1% or Fat Free Milk

Monday, March 26

Lunch Entrée

Chargrilled Beef Patty on WG Bun

Lunch Sides

(All Included)

Green Beans
Crinkle Cut Oven Fries
Diced Pears

1% or Fat Free Milk

Tuesday, March 27

Lunch Entrée

BBQ Pork Rib Sandwich

Lunch Sides

(All Included)

Southern Style Baked Beans
Romaine Garden Salad
Chilled Mixed Fruit

1% or Fat Free Milk

Wednesday, March 28

Lunch Entrée

Breakfast for Lunch

Lunch Sides

(All Included)

Seasoned Diced Potatoes
"Sunset Sip" V-blend Juice
Fresh Whole Banana

1% or Fat Free Milk

Thursday, March 29

Lunch Entrée

Spaghetti & Meatballs w/Bread Stick

Lunch Sides

(All Included)

Green Beans
Romaine Garden Salad
Sliced Peaches

1% or Fat Free Milk

Friday, March 30

Lunch Entrée

Pizza Slice

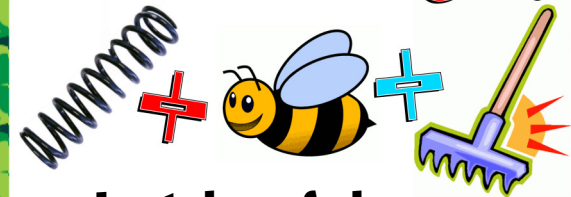
Lunch Sides

(All Included)

Home Made Chicken & Vegetable Soup
Seasoned Potato Wedges
Applesauce

1% or Fat Free Milk

Together, they add up to **FUN!**



**Last day of classes:
Friday, March 30**

**Classes resume:
Monday, April 9**