

# Menus for May 2016

Lynchburg City Schools  
Middle School  
Menus



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

# SCHOOL LUNCH SUPERHERO DAY MAY 6TH AND SCHOOL NUTRITION EMPLOYEE APPRECIATION WEEK MAY 2-6

Monday, May 2

## Lunch Entrées

(Choose 1)

Corn Dog Nuggets  
Cheeseburger on WG Bun  
Chef Salad w/Cheddar Goldfish Crackers

## Vegetable Sides

(Choose 2)

Succulent Succotash  
Creamy Cole Slaw  
Salad Bar w/Lettuce & Sliced Tomato

## Fruit Sides

(Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

Tuesday, May 3

## Lunch Entrées

(Choose 1)

Popcorn Chicken w/Breadstick  
Spicy Pork BBQ Rib on WG Bun  
Jamwich PB&J Combo Meal

## Vegetable Sides

(Choose 2)

Steamed Sweet Peas  
Mashed Potatoes w/Gravy  
Salad Bar

## Fruit Sides

(Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

Wednesday, May 4

## Lunch Entrées

(Choose 1)

MAX Sticks w/Pizza Dipping Sauce  
Hot Italian Flatbread Sandwich  
Chicken Salad on Fresh Baked Sub Roll

## Vegetable Sides

(Choose 2)

Orange Glazed Carrots  
Corn & Edamame Salad  
Salad Bar

## Fruit Sides

(Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

Thursday, May 5

## Lunch Entrées

(Choose 1)

Chicken Tenders w/Breadstick  
Turkey Taco w/Shredded Cheese  
Jamwich PB&J Combo Meal

## Vegetable Sides

(Choose 2)

Steamed Broccoli Florets  
Seasoned Pinto Beans  
Salad Bar w/Shredded Lettuce & Salsa

## Fruit Sides

(Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

Friday, May 6

## Lunch Entrées

(Choose 1)

Pizza Slice w/Selection of Toppings  
Breaded Pork Steak on WG Bun  
American Club Sub

## Vegetable Sides

(Choose 2)

Savory Potato Wedges  
Green Beans  
Salad Bar

## Fruit Sides

(Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

Monday, May 9

## Lunch Entrées

(Choose 1)

Chicken Nuggets w/Breadstick  
Texas Style Pork BBQ on WG Bun  
Chef Salad w/Cheddar Goldfish Crackers

## Vegetable Sides

(Choose 2)

Southern Baked Beans  
Creamy Cole Slaw  
Salad Bar

## Fruit Sides

(Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

Tuesday, May 10

## Lunch Entrées

(Choose 1)

Brunch for Lunch  
Hot Ham & Cheese on WG Bagel  
Jamwich PB&J Combo Meal

## Vegetable Sides

(Choose 2)

Crispy Tater Rounds  
V Blend Juice  
Salad Bar

## Fruit Sides

(Choose 1)

Baked Apples  
Selection of Cupped & Whole Fruit

Wednesday, May 11

## Lunch Entrées

(Choose 1)

Cheesy Turkey Nachos  
Philly Cheese Steak Sub  
Chicken Salad on Fresh Baked Sub Roll

## Vegetable Sides

(Choose 2)

Golden Sweet Corn  
Seasoned Curly Fries  
Salad Bar w/Nacho Toppings

## Fruit Sides

(Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

Thursday, May 12

## Lunch Entrées

(Choose 1)

Italian Meatball Sub w/Mozzarella Cheese  
Mac & Cheese w/Garlic Breadstick  
Jamwich PB&J Combo Meal

## Vegetable Sides

(Choose 2)

Steamed Sweet Peas  
Savory Potato Wedges  
Salad Bar

## Fruit Sides

(Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

Friday, May 13

## Lunch Entrée

(Choose 1)

Pizza Slice w/Selection of Toppings  
Breaded Chicken Patty on WG Bun  
Tuna Salad Sub

## Vegetable Sides

(Choose 2)

Steamed Broccoli Florets  
Baby Carrots w/Ranch Dip  
Salad Bar

## Fruit Sides

(Choose 1)

Chilled Cupped Fruit  
Fresh Whole Fruit

## Grab n Go Breakfast

### MONDAY

Flapstick  
Chicken Breakfast Slider

### TUESDAY

Breakfast Pizza  
WG Muffin & Dannon Yogurt

### WEDNESDAY

Flapstick  
Cocoa Cherry Breakfast Bar & Yogurt

### THURSDAY

Breakfast Pizza  
Pillsbury Mini Cinnis

### FRIDAY

Flapstick  
Bacon, Egg & Cheese Slider

### AVAILABLE DAILY

Kellogg's WG Pop Tart & Yogurt  
Assorted Cold Cereal  
Graham Crackers

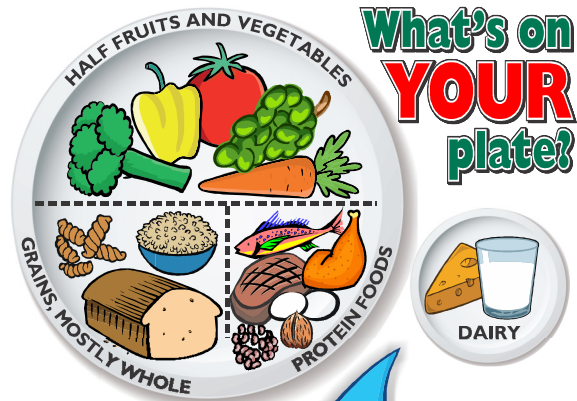
Breakfast includes: Entrée, Fruit Juice,  
1 Serving of Fruit & 8oz of Milk



## TOASTED.

Just one bad, blistering sunburn as a child doubles your risk for skin cancer later in life. Yet more than half of all kids report having at least a minor sunburn in the past year. Don't get burned this summer!

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



**Go off the plate!**



Generally, the plate diagram above provides fantastic advice on how to fill your plate. But can you name one of the best things you can eat or drink that isn't even on the plate? Give up?

**IT'S WATER!** Kids should try to drink about 6 to 8 8-ounce servings of water a day. Try having water instead of soda or other high-calorie, low-nutrition drinks as often as possible!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**NUTRITION TO GO**

**Pork is the most widely eaten meat in the world. Pork consumption in America peaked at 60 lbs per person annually in 1971, falling to about 46 lbs in 2014. Improved breeding and feeding techniques since the 80's have reduced the fat in pork, on average, by 31%, along with reductions in calories (14%) and cholesterol (10%).**

**A TASTY MORSEL FOR PARENTS**

**Monday, May 16**

**Lunch Entrées**  
(Choose 1)  
Corn Dog Nuggets  
Cheeseburger on WG Bun  
Chef Salad w/Cheddar Goldfish Crackers

**Vegetable Sides**  
(Choose 2)  
Succulent Succotash  
Creamy Cole Slaw  
Salad Bar w/Lettuce & Sliced Tomato

**Fruit Sides**  
(Choose 1)  
Chilled Cupped Fruit  
Fresh Whole Fruit

**Tuesday, May 17**

**Lunch Entrées**  
(Choose 1)  
Popcorn Chicken w/Breadstick  
Spicy Pork BBQ Rib on WG Bun  
Jamwich PB&J Combo Meal

**Vegetable Sides**  
(Choose 2)  
Steamed Green Peas  
Mashed Potatoes w/Gravy  
Salad Bar

**Fruit Sides**  
(Choose 1)  
Chilled Cupped Fruit  
Fresh Whole Fruit

**Wednesday, May 18**

**Lunch Entrées**  
(Choose 1)  
MAX Sticks w/Pizza Dipping Sauce  
Hot Italian Flatbread Sandwich  
Chicken Salad on Fresh Baked Sub Roll

**Vegetable Sides**  
(Choose 2)  
Orange Glazed Carrots  
Corn & Edamame Salad  
Salad Bar

**Fruit Sides**  
(Choose 1)  
Chilled Cupped Fruit  
Fresh Whole Fruit

**Thursday, May 19**

**Lunch Entrées**  
(Choose 1)  
Chicken Tenders w/Breadstick  
Turkey Taco w/Shredded Cheese  
Jamwich PB&J Combo Meal

**Vegetable Sides**  
(Choose 2)  
Steamed Broccoli Florets  
Seasoned Pinto Beans  
Salad Bar w/Shredded Lettuce & Salsa

**Fruit Sides**  
(Choose 1)  
Chilled Cupped Fruit  
Fresh Whole Fruit

**Friday, May 20**

**Lunch Entrées**  
(Choose 1)  
Pizza Slice w/Selection of Toppings  
Breaded Pork Steak on WG Bun  
American Club Sub

**Vegetable Sides**  
(Choose 2)  
Green Beans  
Savory Potato Wedges  
Salad Bar

**Fruit Sides**  
(Choose 1)  
Chilled Cupped Fruit  
Fresh Whole Fruit

**Monday, May 23**

**Lunch Entrées**  
(Choose 1)  
Chicken Nuggets w/Breadstick  
Texas Style Pork BBQ on WG Bun  
Chef Salad w/Cheddar Goldfish Crackers

**Vegetable Sides**  
(Choose 2)  
Southern Baked Beans  
Creamy Cole Slaw  
Salad Bar

**Fruit Sides**  
(Choose 1)  
Chilled Cupped Fruit  
Fresh Whole Fruit

**Tuesday, May 24**

**Lunch Entrées**  
(Choose 1)  
Brunch for Lunch  
Hot Ham & Cheese on WG Bagel  
Jamwich PB&J Combo Meal

**Vegetable Sides**  
(Choose 2)  
Crispy Tater Rounds  
V Blend Juice  
Salad Bar

**Fruit Sides**  
(Choose 1)  
Baked Apples  
Selection of Cupped & Whole Fruit

**Wednesday, May 25**

**Lunch Entrées**  
(Choose 1)  
Cheesy Turkey Nachos  
Philly Cheese Steak Sub  
Chicken Salad on Fresh Baked Sub Roll

**Vegetable Sides**  
(Choose 2)  
Golden Sweet Corn  
Seasoned Curly Fries  
Salad Bar w/Nacho Toppings

**Fruit Sides**  
(Choose 1)  
Chilled Cupped Fruit  
Fresh Whole Fruit

**Thursday, May 26**

**Lunch Entrées**  
(Choose 1)  
Italian Meatball Sub w/Mozzarella Cheese  
Mac & Cheese w/Garlic Breadstick  
Jamwich PB&J Combo Meal

**Vegetable Sides**  
(Choose 2)  
Steamed Sweet Peas  
Savory Potato Wedges  
Salad Bar

**Fruit Sides**  
(Choose 1)  
Chilled Cupped Fruit  
Fresh Whole Fruit

**Friday, May 27**

**Lunch Entrée**  
(Choose 1)  
Pizza Slice w/Selection of Toppings  
Breaded Chicken Patty on WG Bun  
Tuna Salad Sub

**Vegetable Sides**  
(Choose 2)  
Steamed Broccoli Florets  
Baby Carrots w/Ranch Dip  
Salad Bar

**Fruit Sides**  
(Choose 1)  
Chilled Cupped Fruit  
Fresh Whole Fruit

**Monday, May 30**

**MEMORIAL DAY**  
**NO SCHOOL TODAY**

**Tuesday, May 31**

**Lunch Entrées**  
(Choose 1)  
Popcorn Chicken w/Breadstick  
Spicy Pork BBQ Rib on WG Bun  
Jamwich PB&J Combo Meal

**Vegetable Sides**  
(Choose 2)  
Steamed Green Peas  
Mashed Potatoes w/Gravy  
Salad Bar

**Fruit Sides**  
(Choose 1)  
Chilled Cupped Fruit  
Fresh Whole Fruit

**OUR NATION'S HISTORY**

**M**emorial Day originated in the years after the Civil War to remember and honor those who had died in service to our country. At first, Memorial Day was called "Decoration Day" – literally, a day that was set aside to beautify the final resting places of our honored dead. This year, while you're enjoying your day off, please don't forget to honor them in your heart, too!

**WITH LIBERTY & JUSTICE FOR ALL**