

#### Lynchburg City Schools Secondary School Menu

USDA is an equal opportunity provider and employer.



## Featured Specials of the Day

#### Monday, May 18

Spicy BBQ Rib/ WG Bun Or Assorted Pizza; Baked Beans; Potato Wedges

#### Tuesday, May 19

Choice of Chicken w/ Dinner Roll (Popcorn, Nuggets, or Tenders) Or Deli Sandwich/ WG Bun Or Boxed Fresh Chef Salad; Mashed Potatoes; Broccoli w/ cheese

#### Wednesday, May 20

Assorted Pizza / Pizza Sticks
Or Crispy Chicken Fillet/ WG Bun;
Hot Vegetable of Choice

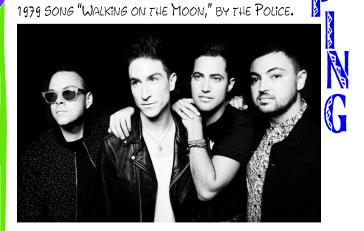
#### Thursday, May 21

Fresh Made Chicken Salad/
WG Croissant Or
Beef Rib w/ BBQ Sauce/ WG Bun
Or Boxed Fresh Chef Salad;
Creamy Sweet Potatoes;
Seasoned Green Beans (or Broccoli)

#### Friday, May 22

Beef Taco/ WG Soft Shell Or Ham & Cheese Roll-up Or Assorted Pizza; Golden Corn; Free Friday Cookie

# CINCINNATI, OHIO-BASED INDIE ROCKERS WALK THE MOON TOOK THEIR BAND'S NAME FROM THE



## GOING NATURAL?

There's no legal definition of the word "natural" on a food label. So it doesn't really mean much at all. To truly "go natural,"

eat lots of whole foods (like fruits, veggies, nuts, beans, lean protein) that don't have any other ingredients at all -- naturally.

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

## Featured Specials of the Day

Monday, May 25

### MEMORIAL DAY O NO SCHOOL TODAY

#### Tuesday, May 26

Texas BBQ/ WG Bun Or Crisp Chicken Fillet/ WG Bun Or Boxed Fresh Chef Salad; Potato Wedges; Crisp Cole Slaw

#### Wednesday, May 27

Assorted Pizza Or Manager's Choice Hot Entrée Or Cold Deli Sandwich; Cheesy Pintos

#### Thursday, May 28

Crisp Chicken Fillet/ WG Bun Or Boxed Fresh Chef Salad; Hot Vegetable of Choice

#### Friday, May 29

Beef Chili w/ Beans & Baked "Tostitos" Or Manager's Choice Entrée; Golden Corn Free Friday Cookie

## MIDDLE SCHOOLS ONLY

#### Monday, June 1

Crisp Pork Chop/ WG Bun Or Manager's choice Entree Home-Style Baked Beans

#### Tuesday, June 2

Teriyaki Chicken Strips w/
Dinner Roll Or
Cold Deli Sandwich;
Creamy Mashed Potatoes;
Seasoned Green Beans

#### Wednesday, June 3

Manager's Choice Hot Entrée Hot Vegetable of Choice

#### Thursday, June 4

Manager's Choice Hot Entrée Hot Vegetable of Choice

Friday, June 5
Grab & Go Lunch
Deli Sandwich
Fresh Veggies/ or Juice
Fruit of Choice

## HIGH SCHOOLS ONLY

Exam Schedule Early Dismissal

Light Lunch available each day. Check with your School Nutrition Manager!



Thanks For Your Business This Year!