

Menus
for

MAY & JUNE 2015



Lynchburg City Schools
Secondary School Menu

USDA is an equal opportunity provider and employer.

Available Daily!

**Fully Stocked Salad Bar
And Assorted Fruits**

**Choice of Milk with every Meal
1% & Skim White & Fat Free Flavored**

**WG=whole grain / LTO=lettuce,
tomato, onion**

Menu Subject to Change

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

NAME DROPPING

CINCINNATI, OHIO-BASED INDIE ROCKERS WALK THE MOON TOOK THEIR BAND'S NAME FROM THE 1979 SONG "WALKING ON THE MOON," BY THE POLICE.



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,"

100% 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 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!

ENJOY YOUR SUMMER!



Thanks For Your Business This Year!