

Menus for November 2016

**Lynchburg City Schools
Middle School Menus**



BREAKFAST MENUS

MONDAYS

Sausage Biscuit
Pillsbury WG FRUDEL
WG Pop Tart & Yogurt

TUESDAYS

Breakfast Pizza
Pillsbury WG MINI PANCAKES
Yogurt Parfait & Granola

WEDNESDAYS

Breakfast Chicken Slider
Pillsbury WG FRUDEL
WG Muffin & Yogurt

THURSDAYS

Breakfast Pizza
Pillsbury WG Mini Cinnis
Yogurt Parfait & Granola

FRIDAYS

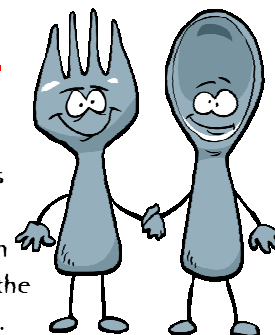
Bacon, Egg & Cheese Sandwich
Pillsbury WG MINI PANCAKES
WG Pop Tart & Yogurt

Assorted Cold Cereals &
Grahams
offered daily

Breakfast Includes: Breakfast
Entrée, Fruit Juice, 1 Serving of
Fruit, 1% or Fat Free Milk

THE FAMILY THAT EATS TOGETHER.

Family meals don't just improve kids' nutrition – eating together also helps boost social skills and increase kids' appreciation for the value of food and the effort needed to fix meals.



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

This institution is an equal opportunity provider.

**Election Day
is Tuesday,
November 8.**

**School will be
closed that
day!**

Tuesday, November 1

Main Line Entrées

(Choose 1)

Meatball & Mozzarella Sub
Southwest Chicken Wrap
Taco Salad Bowl

Vegetable Sides

(Choose 2)

Seasoned Pinto Beans
Garden Pasta Salad

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Wednesday, November 2

Main Line Entrées

(Choose 1)

Fish n' Shrimp Boat
Italian Deli Sub
Baked Chicken w/Corn Muffin

Vegetable Sides

(Choose 2)

Green Beans
Rosemary Red Skin Potatoes

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Thursday, November 3

Main Line Entrées

(Choose 1)

Carolina Style Pork BBQ on WG Bun
Buffalo Chicken Wrap
School Made Mac & Cheese w/Biscuit

Vegetable Sides

(Choose 2)

Steamed Broccoli
Creamy Cole Slaw

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Friday, November 4

Main Line Entrées

(Choose 1)

Philly Cheese Steak Sub
Smoked Turkey & Swiss Croissant
Pizza Crunchers

Vegetable Sides

(Choose 2)

Baby Carrots w/Ranch Dip
Savory Potato Wedges

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Monday, November 7

No School Today



**Professional Day
for Our Teachers**

**Everyone
over 18
should
get out and
VOTE!**

Wednesday, November 9

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, November 10

Main Line Entrées

(Choose 1)

Popcorn Chicken Bites w/Breadstick
Buffalo Chicken Wrap
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, November 11

Main Line Entrées

(Choose 1)

Potato Crusted Fish Fillet on WG Bun
Smoked Turkey & Swiss Croissant
Pizza Slice w/Selection of Toppings

Vegetable Sides

(Choose 2)

Baby Carrots w/Ranch Dip
Crinkle Cut Potato Fries

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Grab n' Go Lunch Menu

Mondays

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

Tuesdays

Southwest Chicken Salad w/Tortilla Chips
Southwest Chicken Wrap
JIF Cup Protein Pack

Wednesdays

Asian Chicken Salad w/Pita Points
Italian Deli Sub
Yogurt Cup Protein Pack

Thursdays

Buffalo Chicken Salad w/CROUTONS & Crackers
Buffalo Chicken Wrap
Hummus Cup Protein Pack

Fridays

Lemon Herb Chicken Salad w/Croissant
Smoked Turkey & Swiss Croissant
Yogurt Cup Protein Pack

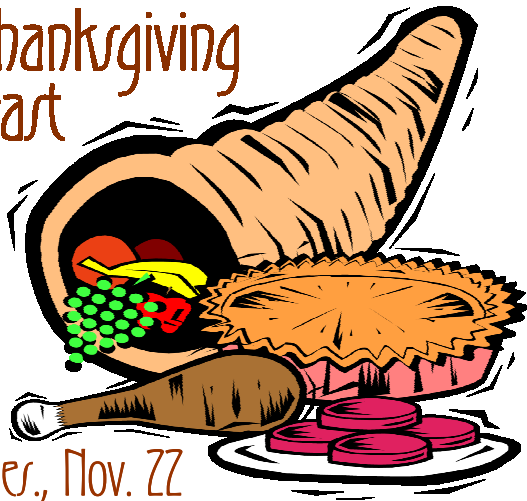
Daily

Grilled or Breaded Chicken Sandwich
Served with Potatoes and Pickle Spear
PBJ Uncrustable Combo Meal

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.

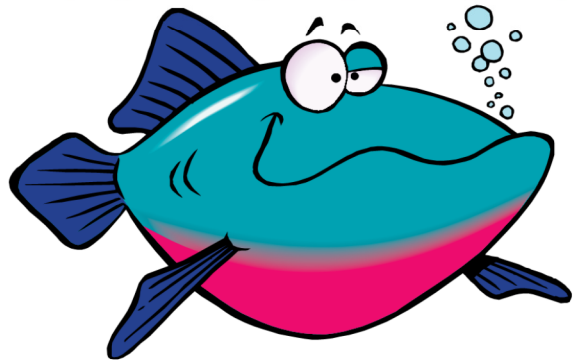
Thanksgiving Feast



Tues., Nov. 22



Eat more fish!



Fish is a healthier protein choice than any kind of meat or poultry. Yet most of us eat fish less often. Put seafood on your plate more frequently for better health!

TIP: Search for "Cranberry Sauce Recipe" and make your own this year. It's quick and simple and much healthier!

Monday, November 14

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, November 15

Main Line Entrées

(Choose 1)

Meatball & Mozzarella Sub
Southwest Chicken Wrap
Taco Salad Bowl

Vegetable Sides

(Choose 2)

Seasoned Pinto Beans
Garden Pasta Salad

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Wednesday, November 16

Main Line Entrées

(Choose 1)

Fish n' Shrimp Boat
Italian Deli Sub
Baked Chicken w/Corn Muffin

Vegetable Sides

(Choose 2)

Green Beans
Rosemary Red Skin Potatoes

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Thursday, November 17

Main Line Entrées

(Choose 1)

Carolina Style Pork BBQ on WG Bun
Buffalo Chicken Wrap
School Made Mac & Cheese w/Biscuit

Vegetable Sides

(Choose 2)

Steamed Broccoli
Creamy Cole Slaw

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Friday, November 18

Main Line Entrées

(Choose 1)

Philly Cheese Steak Sub
Smoked Turkey & Swiss Croissant
Pizza Crunchers

Vegetable Sides

(Choose 2)

Baby Carrots w/Ranch Dip
Savory Potato Wedges

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Monday, November 21

Main Line Entrées

(Choose 1)

All Beef Hot Dog on WG Bun
All American Sub w/Deli Pickle
Pizza Dippers w/Pizza dipping Sauce

Vegetable Sides

(Choose 2)

Southern Baked Beans
Crispy Tater Coins

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Tuesday, November 22

Thanksgiving Meal

Turkey Roast

w/Gravy

Roasted Red Skin Potatoes

Green Beans

Cinnamon Baked Apples

Savory Bread Stuffing

Pumpkin Pie



Monday, November 28

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, November 29

Main Line Entrées

(Choose 1)

Meatball & Mozzarella Sub
Southwest Chicken Wrap
Taco Salad Bowl

Vegetable Sides

(Choose 2)

Seasoned Pinto Beans
Garden Pasta Salad

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

Wednesday, November 30

Main Line Entrées

(Choose 1)

Fish n' Shrimp Boat
Italian Deli Sub
Baked Chicken w/Corn Muffin

Vegetable Sides

(Choose 2)

Green Beans
Rosemary Red Skin Potatoes

Fruit Sides

(Choose 1)

Chilled Cupped Fruit
Fresh Whole Fruit

