

TIME for LUNCH



We're here to serve you, so please let us know if there's anything we can do for you.

HAVE A GREAT YEAR!



CHOICE OF MILK SERVED WITH EVERY LUNCH-SKIM & 1% WHITE AND FLAVORED

LOOK FOR THE CHEF'S HAT!



Featured Specials of the Day

Monday, September 2

★ **LABOR DAY** ★

Tuesday, September 3

ENTREES: BBQ Chicken Nuggets or Oven Baked Chicken or Crisp Pork Chop / WG Bun


SIDES: Creamy Mashed Potatoes; California Blend Veggies Fresh Baked Wheat Roll; Salad Bar; Assorted Fruit

Wednesday, September 4

ENTREES: Cheesy Pizza Sticks w/ Marinara Sauce or Texas BBQ / WG Bun or Spicy Chicken Fillet / WG Bun

SIDES: Crisp Potato Wedges; Crunchy Cole Slaw; Salad Bar; Fruit

Thursday, September 5

ENTREES:  Chicken Tetrazzini or Ham & Cheese / WG Bun Or Hot Entrée of Choice

SIDES: Fresh Baked Potato; Orange Glazed Carrots;  Tropical Fruit Salad; Bakery Dinner Roll; Salad Bar

Friday, September 6

ENTREES: Crisp Fish Fillet on WG Bun or Crisp Corn Dog Or Chicken Fillet / WG Bun

SIDES: Creamy Macaroni & Cheese; Steamed Broccoli Fully Stocked Salad Bar; Assorted Fruit

LUNCH MENUS FOR LCS MIDDLE & HIGH SCHOOLS

SEPTEMBER, 2013

Featured Specials of the Day

Monday, September 9

ENTREES: Assorted Pizza or Turkey & Cheese Sub or Local 100% Beef Cheeseburger / WG Bun

SIDES: Crisp Potato Wedges; Salad Bar; Assorted Fruit

Tuesday, September 10

ENTREES: Hot Cuban Turkey w/ "MoJo Sauce" / WG Bun or Chicken Nuggets Or Pork Chop with white gravy

SIDES: Creamy Mashed Potatoes; Capri Veggies; Salad Bar; Fruit

Wednesday, September 11

ENTREES: Pizza Sticks w/ Marinara Sauce or Texas BBQ / WG Bun Or Spicy Chicken Fillet / WG Bun


SIDES:  Herb Roasted Fresh Veggies; Crisp Cole Slaw Salad Bar; Assorted Fruit

Thursday, September 12

ENTREES: Sliced Turkey w/ gravy or Salisbury Steak w/ gravy Or Ham & Cheese / WG Bun

SIDES: Creamy Mashed Potatoes; Turnip Greens; Wheat Roll Salad Bar; Assorted Fruit

Friday, September 13

ENTREES:  "Jerk Chicken" or Popcorn Chicken w/ Asian Sauce Or Pork Chop / WG Bun

SIDES: Brown Rice w/ veggies; Orange Glazed Carrots Salad Bar; Assorted Fruit

THIS YEAR FEATURING SELF-SERVE BUFFET STYLE LUNCHES. OFFERING YOUR FAVORITES ALONG WITH NEW CHEF INSPIRED DISHES.

LOOK FOR THE CHEF'S HAT!



FRESH, HEALTHY, DELICIOUS!

SALAD

YOU LOVE IT. WE HAVE IT. SO COME 'N GET IT.

We feature great salad bar choices every day as well as assorted fruits. Hey, it's written in stone!

23 BY THE NUMBERS
IN 2012, 23% OF REVENUE FOR THE PUBLISHING INDUSTRY CAME FROM SALES OF EBOOKS.

Turpin Arthur Angus Farms

Do you love choice beef?

Do you like to support local farmers and cattlemen?

Do you feel animals should graze lush pastures or exist in crowded feedlots?

Do you prefer natural beef rather than hormone altered beef?

Do you believe in conservation of scarce natural resources?

If you answered YES, be sure to try our Beef Cheeseburgers on 9/9, 9/16, & 9/30. They are purchased locally from the Turpin Arthur Angus Farms and are 100% beef with no hormones or additives.

WINNER!

You excel in school when you eat well. That's why we're here, and that's why we try to offer our students a great value. Everybody's a winner!

Breakfast

\$1.15

Lunch

\$2.20

Get in touch with us today to learn more about free and reduced-price meals in our district:
434-515-5064 or email
sprinklemlk@lcsedu.net

Featured Specials of the Day

Monday, September 16

Hot Dog / WG Bun or Turkey & Cheese Sub or
Local 100% Beef Cheeseburger / WG Bun
Baked Beans; Cole Slaw; Salad Bar; Assorted Fruit



Tuesday, September 17

Fresh, Bonless BBQ Salsa Chicken or Ham & Cheese / WG Bun
Or Crisp Pork Chop w/ white gravy
Fresh Baked Potato; Seasoned Green Beans
Salad Bar; Assorted Fruit

Wednesday, September 18

Assorted Pizza or Chicken Fillet / WG Bun
Or Turkey & Cheese Sub
Crisp Potato Wedges; Salad Bar; **Tropical Fruit Salad**



Thursday, September 19

Southwest Beef Burrito or Deli Sub
Or Texas BBQ / WG Bun
Refried Beans w/ cheese; **Summer Corn Salad**;
Salad Bar; Assorted Fruit.



Friday, September 20

Crisp Fish Fillet / WG Bun or Corn Dog
Or Chicken Fillet / WG Bun
Macaroni & Cheese; Broccoli; Salad Bar; Fruit

Menus are subject to change due to weather, calendar changes, administrative directive, and/or product availability or quality.



The new NFL season starts September 5 with a Thursday night game between the Baltimore Ravens and the Denver Broncos.

**EAT BETTER.
PLAY HARDER.
LIVE HEALTHIER.
LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!

Parents - Welcome to our new Website

www.myschoolbucks.com

You may view your child's account balance and obtain a 60 day print out of your activity at no cost. You may also add to your child's meal account via a credit card for a small on-line fee.



Easy, Smart, Secure

Questions? Call 434-515-5062

mySchoolBucks®

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Featured Specials of the Day

Monday, September 23

Pizza Sticks w/ Marinara Sauce or Chicken Fillet / WG Bun
Turkey & Cheese Sub
Crisp Potato Wedges; Salad Bar; Assorted Fruit

Tuesday, September 24

Popcorn Chicken; Salisbury Steak w/ gravy or
Or Deli Meats & Cheese / WG Bun
Creamy Mashed Potatoes; seasoned Green Beans; Salad Bar;
Fresh Baked Wheat Roll; Assorted Fruit

Wednesday, September 25

Flatbread Pizzas: Meal Lovers, BBQ Chicken; Veggie or
Spicy Chicken Fillet / WG Bun
Crisp Potato Wedges; Cole Slaw; Salad Bar; Fruit

Thursday, September 26

Cheesy Meatball Sub or Crisp Fish Fillet / WG Bun or
Fresh Made Chicken Salad / WG Croissant
Golden Corn; Salad Bar; Assort Fruit
Chocolate Chip Cookie

Friday, September 27

Early Dismissal

Grab & Go Bag Lunch

Monday, September 30

Hot Dog / WG Bun or Deli Sub or
Local 100% Beef Cheeseburger / WG Bun
Baked Beans; Cole Slaw; Salad Bar; Assorted Fruit

NUTRITION TO GO

A healthy diet should contain very little added sugar, but the average American consumes almost half a cup of added sugar every day. About a third comes from soda and other sugary drinks. But nearly 70% of the added sugar in our diets comes from processed foods, like bread, crackers, cookies, ice cream, ketchup, and cereal.

