



USDAL is an equal opportunity provider and employer.
Lynchburg City Secondary Schools

 **available daily**

**Fully Stocked Salad Bar
And Assorted Fruits**

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

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

 **Menu Subject to Change**

Featured Specials of the Day

Monday, August 25
Hot Dog or Meatballs / WG Bun or Spicy Chicken Fillet/ WG Bun; Or Assorted Pizza; Crisp Cole Slaw; Crisp Potato Curls

Tuesday, August 26
Crispy Chicken Fillet/ WG Bun; or Teriyaki Chicken w/ Brown Rice Or Meat & Cheese/ Bun w/LTO; Mashed Potatoes; Broccoli w/cheese

Wednesday, August 27
"Saucy" Grilled Chicken Breast or Chef Inspired Entrée Or Pizza Sticks w/ Marinara; Fresh Baked Wheat Rolls; Crisp Potato Wedges; Glazed Carrots

Thursday, August 28
Taco Bar w/ all the Fixin's or Spicy Chicken Fillet/ WG Bun Or Honey BBQ Rib/ WG Bun; Southwest Beans

Friday, August 29
Potato Crusted Fish Fillet w/Wheat Roll or Fresh Made Chicken Salad w/Roll or Assorted Pizza; California Blend Veggies; Crisp French Fries
Free Friday Cookie!



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you're **alive**.


If you're breathing hard,
you're **living**.

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Breakfast	Lunch
\$1.25	\$2.45

Featured Specials of the Day

Monday, September 1
★ LABOR DAY ★

Tuesday, September 2
Crisp Chicken Fillet/ WG Bun; or Chicken Fajita w/ Brown Rice; or Meat & Cheese Sub w/LTO; Macaroni & Cheese; Seasoned Green Beans

Wednesday, September 3
"Saucy" Grilled Chicken Breast or Chef Inspired Entrée Or Assorted Pizza; Fresh Baked Wheat Rolls; Crisp Potato Wedges; Glazed Carrots

Thursday, September 4
Potato Bar w/all the fixin's –Beef Chili Beans, Broccoli w/cheese Or Crispy Chicken Fillet/ WG Bun; or Deli Sandwich w/LTO

Friday, September 5
Spicy Chicken Fillet/ WG Bun or Honey BBQ Rib/ WG Bun or Assorted Pizza; Mashed Sweet Potatoes; Turnip Greens
Free Friday Cookie!

Featured Specials of the Day

Monday, September 8

Texas BBQ/ WG Bun Or Spicy Chicken Fillet/ WG Bun Or Assorted Pizza; Fresh Made Cole Slaw; Oven Roasted Red Skinned Potatoes & Carrots

Tuesday, September 9

Crisp Chicken Tenders Or Teriyaki Chicken w/ Brown Rice Or Meat & Cheese Sub w/LTO; Mashed Potatoes; Green Beans

Wednesday, September 10

"Saucy" Grilled Chicken Breast or Chef Inspired Entrée Or Pizza Sticks w/ Marinara; Wheat Rolls; Crisp Potato Wedges; Hot Vegetable of Choice

Thursday, September 11

Taco Bar w/ all the Fixin's or Spicy Chicken Fillet/ WG Bun; Southwest Beans; Golden Corn

Friday, September 12

100% Local Cheeseburger/ WG Bun or Crispy Pork Chop/ WG Bun or Meat & Cheese Sandwich /LTO; Crisp French Fries; Broccoli w/ cheese

Free Friday Cookie!

MEAL APPLICATIONS: Unless your children are approved by Direct Certification for SNAP (Food Stamps) or TANF, you are required to complete a new meal application **each school year** in order for your children to receive free or reduced price meals. Only **ONE** application per family is required. Each student within a family and the school he attends must be listed on the application. **Every application must have an adult signature to be processed!** Please make sure your application is completed and turned in to your school cafeteria cashier or to the School Nutrition Office in the School Administration Building as soon as possible. Your children may use their previous year's approval for the first 30 days of the new school year. If you have any questions or need further information, please call the School Nutrition Office at 434-515-5064.

Featured Specials of the Day

Monday, September 15

Hot Dog or Meatballs / WG Bun or Spicy Chicken Fillet/ WG Bun; Or Assorted Pizza; Cole Slaw; Crispy Potato Curls

Tuesday, September 16

Crisp Chicken Fillet/ WG Bun; or Chicken Fajita w/ Brown Rice; or Meat & Cheese Sub w/LTO; Macaroni & Cheese; Seasoned Green Beans

Wednesday, September 17

NEW! Fresh Made Meat & Cheese "Calzone"
Grilled Chicken Breast w/Roll Or Assorted Pizza; Crisp Potato Wedges; Hot Vegetable of Choice

Thursday, September 18

Potato Bar w/all the fixin's -Beef Chili Beans, Broccoli w/cheese Or Crispy Chicken Fillet/ WG Bun; or Deli Sandwich w/LTO

Friday, September 19

Spicy Chicken Fillet/ WG Bun or Honey BBQ Rib/ WG Bun or Assorted Pizza; Mashed Potatoes; Collard Greens

Free Friday Cookie!

CHEW ON THIS.

Apples help lower blood sugar and reduce the amount of fat in your blood. Plus, apples have recently been shown to improve digestion and digestive health. But be sure to eat the actual fruit -- applesauce and apple juice don't provide the same benefits.



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

Featured Specials of the Day

Monday, September 22

Texas BBQ/ WG Bun Or Spicy Chicken Fillet/ WG Bun Or Assorted Pizza; Fresh Made Cole Slaw; Oven Roasted Red Skinned Potatoes & Carrots

Tuesday, September 23

Crisp Chicken Tenders Or Teriyaki Chicken w/ Brown Rice Or Meat & Cheese Sub w/LTO; Broccoli w/ cheese;

Wednesday, September 24

"Saucy" Grilled Chicken Breast or Chef Inspired Entrée Or Pizza Sticks w/ Marinara; Wheat Rolls; Crisp Potato Wedges; Hot Vegetable of Choice

Thursday, September 25

Taco Bar w/ all the Fixin's or Spicy Chicken Fillet/ WG Bun; Southwest Beans; Golden Corn

Friday, September 26

Potato Crusted Fish Fillet or *Fresh Made* Chicken Salad w/Roll or Assorted Pizza; Baked Potato; Broccoli w/ cheese

Free Friday Cookie!

Monday, September 29

Hot Dog or Meatballs / WG Bun or Spicy Chicken Fillet/ WG Bun; Or Assorted Pizza; Cole Slaw; Crispy Potato Curls

Tuesday, September 30

Crisp Chicken Tenders Or Teriyaki Chicken w/ Brown Rice Or Meat & Cheese Sub w/LTO; Wheat Roll Mashed Potatoes; Green Peas