



**Lynchburg City Schools  
Middle School Menus**

This institution is an equal opportunity provider. Menus are subject to change.



**HAPPY  
★ LABOR DAY ★**

**NO SCHOOL  
MONDAY,  
SEPTEMBER 5**

**Monday, September 12**

**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  
Crinkle Cut Potato Fries

**Fruit Sides**  
(Choose 1)  
Chilled Cupped Fruit  
Fresh Whole Fruit

**Tuesday, September 13**

**Main Line Entrées**  
(Choose 1)  
Honey Pork BBQ Rib on WG Bun  
Southwest Chicken Wrap  
Cheesy Beef Nachos

**Vegetable Sides**  
(Choose 2)  
Refried Beans w/Salsa & Cheese  
Savory Potato Wedges

**Fruit Sides**  
(Choose 1)  
Chilled Cupped Fruit  
Fresh Whole Fruit

**Wednesday, September 14**

**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, September 15**

**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, September 16**

**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  
Golden Sweet Corn

**Fruit Sides**  
(Choose 1)  
Chilled Cupped Fruit  
Fresh Whole Fruit

**Tuesday, September 6**

**Main Line Entrées**  
(Choose 1)  
Meatball & Mozzarella Sub  
Southwest Chicken Wrap  
Taco Salad Bowl

**Vegetable Sides**  
(Choose 2)  
Seasoned Pinto Beans  
Golden Sweet Corn

**Fruit Sides**  
(Choose 1)  
Chilled Cupped Fruit  
Fresh Whole Fruit

**Wednesday, September 7**

**Main Line Entrées**  
(Choose 1)  
Shrimp Po' Boy Sandwich  
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, September 8**

**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, September 9**

**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

**Thursday, September 1**

**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, September 2**

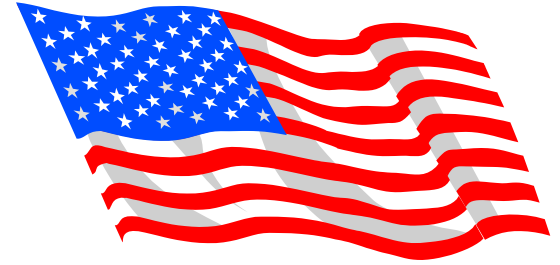
Early Dismissal

**Entrées**  
(Choose 1)  
Ham & Cheese Flatbread  
Italian Deli Sub  
Sandwiches offered with Heartzel Pretzels

**Vegetable Sides**  
(Choose 2)  
Baby Carrots w/Ranch Dip  
V-blend Juice

**Fruit Sides**  
(Choose 1)  
Chilled Cupped Fruit  
Fresh Whole Fruit

**September 11, 2001**



*In eternal remembrance of the victims,  
in continued support of their families,  
and in undying gratitude to the heroes.*

**Grab n' Go Lunch Menu**

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

**Tuesdays**  
South West Chicken Salad w/Tortilla Chips  
South West Chicken Wrap  
JIF Cup Protein Pack

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

**Thursdays**  
Chicken Caesar Salad w/CROUTONS & Breadstick  
Buffalo Chicken Wrap  
Hummus Cup Protein Pack

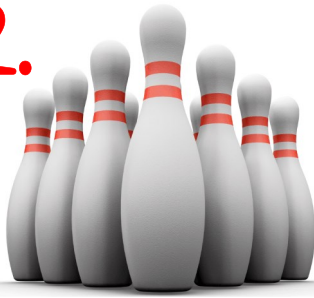
**Fridays**  
Buffalo Chicken Salad w/CROUTONS & Crackers  
Smoked Turkey & Swiss Croissant  
JIF Cup Protein Pack

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

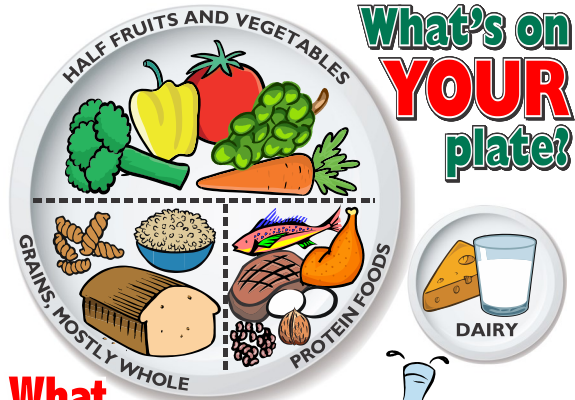
All Grab n' Go Meals include a minimum 1/2 cup Fruit or Veggie  
Additional Fruits and Vegetables available to meet 1/2 C Fruit and 3/4 C Veg  
minimum daily required offering. All meals include 8oz Milk.

# 10 x 2.

Here's a simple way to roll a wellness "strike" twice a day, every day. Add just 10 minutes of daily exercise to whatever you're doing now. And get to bed just 10 minutes earlier than usual. Easy formula for improved wellness, right? Might even improve your bowling game!



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



**What did the tightrope walker put on his plate?**

**A WELL-BALANCED MEAL!** And you should, too! Eating lots of different kinds of food is one of the best ways to stay healthy. Just follow the advice on the My Plate graphic and you'll never lose your balance! Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Writing checks for school meals is

**MY SCHOOL BUCKS** VISIT WEBSITE ▶

[www.myschoolbucks.com](http://www.myschoolbucks.com)

### Breakfast Menus

<b>MONDAYS</b> Sausage Biscuit Pillsbury WG FRUDEL WG Pop Tart & Yogurt	<b>THURSDAYS</b> Breakfast Pizza Pillsbury WG Mini Cinnis Yogurt Parfait & Granola
<b>TUESDAYS</b> Breakfast Pizza Pillsbury WG MINI PANCAKES Yogurt Parfait & Granola	<b>FRIDAYS</b> Bacon, Egg & Cheese Sandwich Pillsbury WG MINI PANCAKES WG Pop Tart & Yogurt
<b>WEDNESDAYS</b> Breakfast Chicken Slider Pillsbury WG FRUDEL WG Muffin & Yogurt	Assorted Cold Cereals & Grahams offered daily  Breakfast Includes: Choice of Breakfast Entrée, Fruit Juice 1 Serving of Fruit 1% or Fat Free Milk

**Monday, September 19**

**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, September 20**

**Main Line Entrées (Choose 1)**  
 Meatball & Mozzarella Sub  
 Southwest Chicken Wrap  
 Taco Salad Bowl

**Vegetable Sides (Choose 2)**  
 Seasoned Pinto Beans  
 Golden Sweet Corn

**Fruit Sides (Choose 1)**  
 Chilled Cupped Fruit  
 Fresh Whole Fruit

**Wednesday, September 21**

**Main Line Entrées (Choose 1)**  
 Shrimp Po' Boy Sandwich  
 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, September 22**

**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, September 23**

**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, September 26**

**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  
 Crinkle Cut Potato Fries

**Fruit Sides (Choose 1)**  
 Chilled Cupped Fruit  
 Fresh Whole Fruit

**Tuesday, September 27**

**Main Line Entrées (Choose 1)**  
 Honey Pork BBQ Rib on WG Bun  
 Southwest Chicken Wrap  
 Cheesy Beef Nachos

**Vegetable Sides (Choose 2)**  
 Refried Beans w/Salsa & Cheese  
 Savory Potato Wedges

**Fruit Sides (Choose 1)**  
 Chilled Cupped Fruit  
 Fresh Whole Fruit

**Wednesday, September 28**

**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, September 29**

**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, September 30**

**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  
 Golden Sweet Corn

**Fruit Sides (Choose 1)**  
 Chilled Cupped Fruit  
 Fresh Whole Fruit