

OCTOBER | 2023

LYNCHBURG-CLAY HIGH SCHOOL



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 Chocolate Donut Chicken Patty Sandwich Veggie Bar Baked Beans Rice Krispie Treat Assorted Fruit-Strawberries Choice of Milk	3 Sausage Bagel Calzone w/Marinara Toss Salad Breadstick Cookie Assorted Fruit/Juice Choice of Milk	4 Biscuit and Gravy Grand Nachos w/Sour Cream, Cheese Churro Refried Beans Ice Cream Bar Assorted Fruit/Fruit Cup Choice of Milk	5 Breakfast Burrito Bosco Sticks w/Marinara Toss Salad Green Beans Assorted Fruit/Slushie Choice of Milk	6 Cereal Bowl Big Daddy's Pizza Chips Steamed Broccoli Assorted Fruit/Applesauce Choice of Milk
9 Bagel w/Cream Cheese BBQ Pork Rib w/Onions, Pickles Peas and Carrots Cocoa Cherry bar Assorted Fruit/Strawberries Choice of Milk	10 Sausage Biscuit Hot Dog Macaroni and Cheese Chips Veggie Cup w/Ranch, Hummus Assorted Fruit/Juice Choice of Milk	11 Biscuit and Gravy Cincy Chili Spaghetti w/cheese Garlic Toast Assorted Fruit/Fruit Cup Choice of Milk	12 Ham and Cheese Bagel Baked Chicken Leg Mashed Potatoes/gravy Brussel Sprouts Dinner Roll w/Margarine Assorted Fruit/Slushie Choice of Milk	13 NO SCHOOL PROFESSIONAL DEVELOPMENT DAY
16 Poptart Pork Patty Sandwich Veggie Bar Corn Cookie Assorted Fruit/Strawberries	17 Cinnamon Roll Quesadilla w/Salsa, Sour Cream Toss Salad Fiesta Taco Beans Rice Krispie Treat Assorted Fruit/Juice Choice of Milk	18 Biscuit and Gravy Cherry Blossom Chicken Fried Rice Eggroll Stir Fry Veggies Fortune Cookie Assorted Fruit/Fruit Cup Choice of Milk	19 Sausage Pancake Wrap Chicken Wrap w/Cheese Veggie Bar Green Beans Doritos Assorted Fruit/Slushie Choice of Milk	20 Benefit Bar Pizza Corn Chips Assorted fruit/Applesauce Choice of Milk
23 French Toast Sticks Chicken Fila Sandwich w/Cheese Mashed Potatoes/Gravy Veggie Bar w/Hummus Assorted Fruit/Strawberries Choice of Milk	24 Glazed Donut Calzone w/Marinara Toss Salad Breadstick Cookie Assorted Fruit/Juice Choice of Milk	25 Biscuit and Gravy Country Chicken Bowl Mashed Potatoes/Gravy Corn Dinner Roll w/Margarine Cookie Assorted Fruit/Fruit Cup Choice of Milk	26 Pancakes w/Syrup Cheeseburger Fries: Regular or Sweet Potato Veggie Bar Assorted Fruit/Slushie Choice of Milk	27 NO SCHOOL PROFESSIONAL DEVELOPMENT DAY
30 Funnel Cake Pizza Burger Corn Dessert Bar Assorted Fruit/Strawberries Choice of Milk	31 Cinnamon Roll Chicken and Waffles w/Syrup and Honey Hash brown Salad Bar Assorted Fruit/Juice Choice of Milk	1	2	3

We offer fat free 1% flavored milk with a choice of chocolate or white and whole grain bread products.

For Breakfast, we also offer cereal, yogurt, poptarts, donuts and other breakfast items daily depending on availability. Students have a choice of milk or latte with their breakfast, they can always purchase both.

A la Carte

We offer a variety of a la carte items in our cafeteria daily

Parents can put a limit on how much ala carte money their child spends. You must call into the school and talk to the cafeteria to place a limit

WHAT MAKES A LUNCH?

Select 3-5 components



one must be a

FRUIT or VEGGIE

WHAT MAKES A BREAKFAST?

Select three items in total



one must be a

FRUIT or JUICE