

OCTOBER | 2023

LYNCHBURG-CLAY ELEMENTARY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p> <p>Fruit Strudel Apple slices/Juice</p> <p>Bosco Sticks w/Marinara Peas Assorted Fruit/Juice Choice of Milk</p>	<p>3</p> <p>Donut Applesauce/Juice</p> <p>Chicken and Waffle Hashbrown Syrup/Honey Veggie Bag Assorted Fruit/Fruit Cup Choice of Milk</p>	<p>4</p> <p>Mini Waffle Whole Orange</p> <p>Pizza Corn Oreo Cookie Assorted Fruit/Applesauce Choice of Milk</p>	<p>5</p> <p>Poptart Apple</p> <p>Chili w/Crackers Peanut Butter Sandwich Green Beans Assorted Fruit/Juice Choice of Milk</p>	<p>6</p> <p>French Toast Grapes/Juice</p> <p>Cheeseburger French Fries Fruit Slushie Assorted Fruit Choice of Milk</p>
<p>9</p> <p>Cream Cheese Bagel Apple Slices/Juice</p> <p>French Toast Sticks w/Syrup Hashbrown Yogurt Assorted Fruit/Strawberries Choice of Milk</p>	<p>10</p> <p>Donut Applesauce/Juice</p> <p>Mozzarella Bread Bites w/Marinara Baked Beans Assorted Fruit/Juice Choice of Milk</p>	<p>11</p> <p>Cinnamon Blueberry Stick Whole Orange</p> <p>Pizza Corn Mini Rice Krispie Treat Assorted Fruit/Applesauce Choice of Milk</p>	<p>12</p> <p>Muffin Apple</p> <p>Tomato Soup w/Crackers Grilled Cheese Sandwich Assorted Fruit/Juice Choice of Milk</p>	<p>13 NO SCHOOL Professional Development Day</p>
<p>16</p> <p>Mini Waffle Apple Slices/Juice</p> <p>Chicken Quesadilla w/Sour Cream Side Salad w/Ranch Assorted Fruit/Strawberries Choice of Milk</p>	<p>17</p> <p>Donut Applesauce/Juice</p> <p>Walking Taco Lettuce/Cheese/Tomato Fiesta Beans Fresh Baked Cookie Assorted Fruit/Fruit Cup Choice of Milk</p>	<p>18</p> <p>Pancake Whole Orange</p> <p>Pizza Corn Oreo Cookie Assorted Fruit/Applesauce Choice of Milk</p>	<p>19</p> <p>Poptart Apple</p> <p>Spaghetti w/Breadstick Side Salad w/Ranch Assorted Fruit/Juice Choice of Milk</p>	<p>20 Sausage Pancake Wrap Grapes/Juice</p> <p>Cheeseburger French Fries Fruit Slushie Assorted Fruit Choice of Milk</p>
<p>23</p> <p>Mini Pancake Apple Slices/Juice</p> <p>Chicken Patty Sandwich Peas Cheetos Puffs Assorted Fruit/Strawberries Choice of Milk</p>	<p>24</p> <p>Donut Applesauce/Juice</p> <p>Taco Bites w/Sour Cream and Taco Sauce Side Salad w/Ranch Assorted Fruit/Fruit Cup Choice of Milk</p>	<p>25</p> <p>Funnel Cake Whole Orange</p> <p>Pizza Corn Mini Rice Krispie Treat Assorted Fruit/Applesauce Choice of Milk</p>	<p>26</p> <p>Oatmeal Bar Apple</p> <p>Popcorn Chicken Macaroni and Cheese Steamed Carrots Assorted Fruit/Juice Choice of Milk</p>	<p>27 NO SCHOOL Professional Development Day</p>
<p>30</p> <p>French Toast Apple Slices/Juice</p> <p>Nachos and Cheese Yogurt Green Beans Assorted Fruit/Strawberries Choice of Milk</p>	<p>31</p> <p>Donut Applesauce/Juice</p> <p>Baked Chicken Leg Mashed Potatoes/Gravy Dinner Roll Assorted Fruit/Fruit Cup Choice of Milk</p>	<p>1</p>	<p>2</p>	<p>3</p>

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

We also offer assorted veggie bags and hummus daily.

Chicken Nuggets are offered daily as a second lunch option

Meal Prices 2023-2024:
Breakfast \$0.80
Lunch \$2.75
Reduced and Free \$0.00

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**

OCTOBER | 2023

LYNCHBURG-CLAY MIDDLE SCHOOL



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2 Pancake or Waffle</p> <p>Pepperoni Calzone Hash brown Broccoli and Cheese Assorted Fruit/Slushie Choice of Milk</p>	<p>3 Cereal</p> <p>Doritos Walking Taco Fresh Baked Cookie Fiesta Beans Salad Bar Assorted fruit/Fruit Cup Choice of Milk</p>	<p>4 Biscuit and Gravy</p> <p>Baked Potato Bar Cheesy Bread Glazed Carrots Assorted Fruit/Applesauce Choice of Milk</p>	<p>5 Mini Cinnamon Pull Apart</p> <p>Baked Chicken Leg Mashed Potatoes/Gravy Dinner Roll w/Margarine Brussel Sprouts Assorted Fruit/Juice Choice of Milk</p>	<p>6 Sausage Sandwich</p> <p>Big Daddy's Pizza Salad Bar Mini Rice Krispie Treat Assorted Fruit/Strawberries Choice of Milk</p>
<p>9 Banana Bread</p> <p>Chicken and Waffles Hash brown Salad Bar Assorted Fruit/Slushie Choice of Milk</p>	<p>10 Donut Hole</p> <p>Hot Dog/Chili Dog Chips Baked Beans Assorted Fruit/Fruit Cup Choice of Milk</p>	<p>11 Biscuit and Gravy</p> <p>Chicken Patty Sandwich Sun Chips Mixed Vegetables Assorted Fruit/Applesauce Choice of Milk</p>	<p>12 Mini Cinnis Cherry Blossom Chicken</p> <p>Fried Rice Egg Roll Stir Fry Vegetables Fortune Cookie Assorted Fruit/Juice Choice of Milk</p>	<p>13 NO SCHOOL PROFESSIONAL DEVELOPMENT DAY</p>
<p>16 Funnel Cake</p> <p>Corn dog Baked Beans Chips Fresh Veggies Assorted Fruit/Slushie Choice of Milk</p>	<p>17 Cereal</p> <p>Cheeseburger Waffle Fries Fresh Baked Cookie Assorted Fruit/Fruit Cup Choice of Milk</p>	<p>18 Biscuit and Gravy</p> <p>Popcorn Chicken Macaroni and Cheese Garlic Toast Fresh Veggies Assorted Fruit/Applesauce Choice of Milk</p>	<p>19 Fresh Baked Cinnamon Roll</p> <p>Chicken Fajita Wrap Salad Bar Churro Assorted Fruit/Juice Choice of Milk</p>	<p>20 Sausage Sandwich</p> <p>Stuffed Crust Pizza Steamed Corn Mini Rice Krispie Treat Assorted Fruit/Strawberries Choice of Milk</p>
<p>23 Pancake or Waffle</p> <p>Pepperoni Calzone Hash brown Broccoli and Cheese Assorted Fruit/Slushie Choice of Milk</p>	<p>24 Cereal</p> <p>Doritos Walking Taco Fresh Baked Cookie Fiesta Beans Salad Bar Assorted Fruit/Fruit Cup Choice of Milk</p>	<p>25 Biscuit and Gravy</p> <p>Boneless Chicken Wings Glazed Carrots Mini Cornbread Baked Mozzarella Sticks Assorted Fruit/Applesauce Choice of Milk</p>	<p>26 Mini Cinnamon Pull Apart</p> <p>Baked Chicken Leg Mashed Potatoes/Gravy Dinner Roll w/Margarine Baked Brussel Sprouts Assorted Fruit/Juice Choice of Milk</p>	<p>27 NO SCHOOL PROFESSIONAL DEVELOPMENT DAY</p>
<p>30 Pancake or Waffle</p> <p>Cheesy Breadstick w/Marinara Chicken Nuggets Green Beans Assorted Fruit/Slushie Choice of Milk</p>	<p>31 Chocolate Chip Bar</p> <p>Chili w/Crackers Peanut Butter Sandwich Mixed Veggies Assorted Fruit/Fruit Cup Choice of Milk</p>	<p>1 Biscuit and Gravy</p> <p>Country Chicken Bowl Corn Dinner Roll w/Margarine Assorted Fruit/Applesauce Choice of Milk</p>	<p>2 Fresh Baked Cinnamon Roll</p> <p>Hot Dog/Chili Dog Chips Baked Beans Assorted Fruit/Fruit Cup Choice of Milk</p>	<p>3 Sausage Sandwich</p> <p>Homemade Pizza Mini Rice Krispie Treat French Fries Assorted Fruit/Strawberries Choice of Milk</p>

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

A la Carte

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

We offer an alternate meal Of Pizza Daily

Meal Prices 2023-2024:

Breakfast \$1.35

Lunch \$3.10

Free/Reduced \$0.00

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

OCTOBER | 2023

LYNCHBURG-CLAY HIGH SCHOOL



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

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

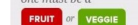
Parents can put a limit on how much ala carte money their child spends. You must call into the school and talk to the cafeteria to place a limit

WHAT MAKES A LUNCH?

Select 3-5 components



one must be a



WHAT MAKES A BREAKFAST?

Select three items in total



one must be a

