

# SEPTEMBER | 2023

## LYNCHBURG-CLAY HIGH SCHOOL



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28	29	30	31	1 Chocolate Donuts Pizza w/ranch Chips Steamed Carrots Assorted Fruit or juice Choice of Milk 2Hr Early Dismissal
4	5	6	7	8

**NO SCHOOL – FAIR WEEK**  
GOOD LUCK TO ALL STUDENTS PARTICIPATING IN THE HIGHLAND COUNTY FAIR!!

<b>11</b> Choice of Muffin  Calzone/ marinara Sauce Rice Krispie Treat Broccoli Assorted Fruit Choice of Milk	<b>12</b> Egg and Cheese Croissant  Pork Patty on a bun Veggie Bar Baked Beans Assorted Fruit or Juice Choice of Milk	<b>13</b> Sausage Gravy and Biscuit  Chili w/Cheese sandwich Crackers Veggie Bar Assorted Fruit Choice of Milk	<b>14</b> Sausage Pancake Wrap Cheeseburger Fries: Regular or Sweet Potato Veggie Bar Assorted Fruit or Juice Choice of Milk	<b>15</b> Strawberry Pancake Bowl  Pizza w/ranch Chips Corn Assorted Fruit Choice of Milk
<b>18</b> Bagel w/Cream Cheese Chicken Quesadilla Sour cream/Salsa Rice Krispie Treat Steamed Broccoli Assorted Fruit Choice of Milk	<b>19</b> Breakfast Bagel  Bosco Sticks w/sauce Cookie Toss Salad Assorted Fruit or Juice Choice of Milk	<b>20</b> Sausage Gravy and Biscuit Soft Taco w/cheese/sour cream Fiesta Beans Veggie Bar Assorted Fruit Choice of Milk	<b>21</b> Benefit Bar Chicken Patty Sandwich Corn Sun Chips Veggie Bar Assorted Fruit or Juice Choice of Milk	<b>22</b> Waffle w/syrup  Pizza w/ranch Chips Green Beans Assorted Fruit or Juice Choice of Milk
<b>25</b> Glazed Donut Pizza Burger w/pickles and onions Rice Krispie Treat Green Beans Assorted Fruit Choice of Milk	<b>26</b> Sausage Pancake Wrap  Chicken Wrap Veggie Bar Cookie Assorted Fruit Choice of Milk	<b>27</b> Sausage Gravy and Biscuit Taco Salad w/cheese and salsa Breadstick Dorito Fiesta Beans Assorted Fruit Choice of Milk	<b>28</b> Sausage Uncrustable  Calzone w/marinara sauce Toss Salad w/ranch Assorted Fruit Choice of Milk	<b>29</b> Cereal Bowl  Pizza w/ranch Chips Steamed Carrots Assorted Fruit Choice of Milk

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

