

SEPTEMBER | 2023

LYNCHBURG-CLAY MIDDLE SCHOOL



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28	29	30	31	1 Sausage Sandwich Pizza Salad Bar Assorted Fruit Choice of Milk
4	5	6	7	8
<p>NO SCHOOL – FAIR WEEK</p> <p>GOOD LUCK TO ALL STUDENTS PARTICIPATING IN THE HIGHLAND COUNTY FAIR!!</p>				
11 Pancake or Waffle Corn Dog Baked Beans Chips Fresh Veggies Assorted Fruit/ Slushie Choice of Milk	12 Mini Donut Chicken Fajita Wrap Salad Bar Assorted Fruit/Fruit Cup Choice of Milk	13 Biscuit and Gravy Popcorn Chicken Macaroni and Cheese Garlic Toast Fresh Veggies Assorted Fruit/Applesauce Choice of Milk	14 Fresh Baked Cinnamon Roll Cheeseburger Waffle Fries Assorted Fruit/Juice Choice of Milk	15 Sausage Sandwich Stuffed Crust Pizza Corn Mini Rice Krispie Treat Assorted Fruit/Strawberries Choice of Milk
18 Pancake or Waffle Pepperoni Calzone Hash brown Broccoli and Cheese Assorted Fruit/ Slushie Choice of Milk	19 Cereal Walking Taco Fresh Baked Cookie Fiesta Beans Salad Bar Assorted Fruit/Fruit Cup Choice of Milk	20 Biscuit and Gravy Baked Potato Bar Cheesy Bread Glazed Carrots Assorted Fruit/Applesauce Choice of Milk	21 Mini Cinnamon Pull-apart Baked Chicken Leg Mashed Potatoes/Gravy Dinner Roll Brussel Sprouts Assorted Fruit/Juice Choice of Milk	22 Sausage Sandwich Big Daddys Pizza Salad Bar Mini Rice Krispie Treat Assorted Fruit/Strawberries Choice of Milk
25 Pancake or Waffle Cheesy Bread Stick/Marinara Chicken Nuggets Green Beans Assorted Fruit/ Slushie Choice of Milk	26 Chocolate Chip Bar Chili w/cracker Peanut butter sandwich Mixed Veggies Assorted Fruit/Fruit Cup Choice of Milk	27 Biscuit and Gravy Country Chicken Bowl Dinner Roll Corn Assorted Fruit/Applesauce Choice of Milk	28 Fresh Baked Cinnamon Roll Chicken Quesadilla Fiesta Beans Salad Bar Assorted Fruit/Juice Choice of Milk	29 Sausage Sandwich Homemade Pizza Mini Rice Krispie Treat French Fries Assorted Fruit/Strawberries Choice of Milk

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