

LINCOLN HEIGHTS MIDDLE SCHOOL

JANUARY 2024 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>** All meals are served with fruit, juice, and milk</p>	<p>ADDITIONAL OPTIONS DAILY 3rd- Pizza 4th- PB&J Grab-n-Go 5th- Salad/Potato Bar</p>		<p>4 BREAKFAST French Toast, Cereal, Fruit, Juice, Milk</p> <p>LUNCH 1st- Popcorn Chicken 2nd- Beef Bites w/gravy Mashed Potatoes Peas Roll</p>	<p>5 BREAKFAST Chicken Biscuit, Cereal, Fruit, Juice, Milk</p> <p>LUNCH 1st- Breakfast Chicken 2nd- Sausage Scrambled Eggs Biscuits & gravy Hashbrowns Sliced Tomatoes</p>
<p>8 BREAKFAST Warm Breakfast Bread, Cereal, Fruit, Juice, Milk</p> <p>LUNCH 1st- Cheeseburger Macaroni 2nd- Chicken Tenders Whole Baby Potatoes Sweet Carrots</p>	<p>9 BREAKFAST Chicken Biscuit, Cereal, Fruit, Juice, Milk</p> <p>LUNCH 1st- Baked Ham 2nd- Turkey Steak w/gravy Mashed Potatoes Green Beans Baked Apples Roll</p>	<p>10 BREAKFAST Yogurt & Granola, Cereal, Fruit, Juice, Milk</p> <p>LUNCH 1st- Pizza 2nd- Cheeseburger French Fries Green Beans</p>	<p>11 BREAKFAST Apple Fritter, Cereal, Fruit, Juice, Milk</p> <p>LUNCH 1st- Grilled Cheese 2nd- Cheese Breadstick Homemade Chili Fresh Veggies Corn Cookie</p>	<p>12 BREAKFAST Sausage Biscuit, Cereal, Fruit, Juice, Milk</p> <p>LUNCH 1st- Chicken Sandwich 2nd- Hotdog w/chili French Fries Baked Beans</p>
<p>15</p> <p>NO SCHOOL</p>	<p>16 BREAKFAST Chicken Biscuit, Cereal, Fruit, Juice, Milk</p> <p>LUNCH 1st- BBQ Chicken Sandwich 2nd- Pizza Sweet Potato Fries Green Beans Fresh Veggies</p>	<p>17 BREAKFAST Waffles, Cereal, Fruit, Juice, Milk</p> <p>LUNCH 1st- Chicken Filet (2) 2nd- Spaghetti w/ Meatballs Broccoli Whole Baby Potatoes Garlic Toast</p>	<p>18 BREAKFAST Breakfast Pizza, Cereal, Fruit, Juice, Milk</p> <p>LUNCH 1st- Grilled Cheese 2nd- Cheese Quesadilla Tortilla Chips Tortilla Soup Fresh Veggies</p>	<p>19 BREAKFAST Sausage Biscuit, Cereal, Fruit, Juice, Milk</p> <p>LUNCH 1st- Cheeseburger 2nd- Chicken Sandwich French Fries Baked Beans Fresh Veggies</p>
<p>22 BREAKFAST Apple Fritter, Cereal, Fruit, Juice, Milk</p> <p>LUNCH 1st- Chicken Filet (2) 2nd- Baked Ham Sweet Carrots Green Beans Roll</p>	<p>23 BREAKFAST Chicken Biscuit, Cereal, Fruit, Juice, Milk</p> <p>LUNCH 1st- BBQ Pork Nachos 2nd- Taco Nachos Queso Cheese Refried Beans Corn</p>	<p>24 BREAKFAST Pancakes, Cereal, Fruit, Juice, Milk</p> <p>LUNCH 1st- Pizza 2nd- Chicken Tenders Broccoli French Fries</p>	<p>25 BREAKFAST Dutch Waffle, Cereal, Fruit, Juice, Milk</p> <p>LUNCH 1st- Grilled Cheese 2nd- Cheese Breadsticks Tomato Basil Soup Fresh Veggies Fritos</p>	<p>26 BREAKFAST Sausage Biscuit, Cereal, Fruit, Juice, Milk</p> <p>LUNCH 1st- Fish Sticks 2nd- Corndog Nuggets Pinto Beans Mac & Cheese Hushpuppies</p>
<p>29 BREAKFAST Warm Breakfast Bread, Cereal, Fruit, Juice, Milk</p> <p>LUNCH 1st- Cheeseburger Macaroni 2nd- Popcorn Chicken Whole Baby Potatoes Corn</p>	<p>30 BREAKFAST Chicken Biscuit, Cereal, Fruit, Juice, Milk</p> <p>LUNCH 1st- Chicken Filet (2) 2nd- Baked Spaghetti Green Beans Mashed Potatoes Garlic Bread</p>	<p>31 BREAKFAST Pancakes, Cereal, Fruit, Juice, Milk</p> <p>LUNCH 1st- Pizza 2nd- BBQ Chicken Sandwich French Fries Green Beans</p>		

EACH TRAY MUST HAVE A FRUIT OR VEGETABLE AND AT LEAST TWO OTHER ITEMS TO BE CONSIDERED A MEAL. MEALS ARE SUBJECT TO CHANGE WITHOUT NOTICE. USDA IS AN EQUAL OPPORTUNITY EMPLOYER.