

# LINCOLN HEIGHTS MIDDLE SCHOOL

## APRIL 2024 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> <u><b>BREAKFAST</b></u> French Toast, Cereal, Fruit, Juice, Milk</p> <p><u><b>LUNCH</b></u> 1<sup>st</sup>- Lasagna 2<sup>nd</sup>- Homemade Beefaroni Corn Garlic Toast</p>	<p><b>2</b> <u><b>BREAKFAST</b></u> Chicken Biscuit, Cereal, Fruit, Juice, Milk</p> <p><u><b>LUNCH</b></u> 1<sup>st</sup>- Chicken Tenders 2<sup>nd</sup>- Baked Ham Mashed Potatoes Peas Roll</p>	<p><b>3</b> <u><b>BREAKFAST</b></u> Chicken Biscuit, Cereal, Fruit, Juice, Milk</p> <p><u><b>BREAKFAST FOR LUNCH</b></u> Scrambled Eggs Sausage Biscuits &amp; Gravy Tater tots Sliced Tomatoes</p>	<p><b>4</b> <u><b>BREAKFAST</b></u> Dutch Waffle, Cereal, Fruit, Juice, Milk</p> <p><u><b>LUNCH</b></u> 1<sup>st</sup>- Pizza 2<sup>nd</sup>- Chicken Sandwich 3<sup>rd</sup>- Chicken Tender Sub- tossed in Buffalo Green Beans Fresh Veggies</p>	<p><b>5</b> <u><b>BREAKFAST</b></u> Sausage Biscuit, Cereal, Fruit, Juice, Milk</p> <p><u><b>LUNCH</b></u> 1<sup>st</sup>- Fish Sticks 2<sup>nd</sup>- Corndog Nuggets Hushpuppies Mac &amp; Cheese Pinto Beans</p>
<p><b>8</b> <u><b>BREAKFAST</b></u> Pancakes &amp; Bacon, Cereal, Fruit, Juice, Milk</p> <p><u><b>LUNCH</b></u> 1<sup>st</sup>- Hamburger 2<sup>nd</sup>- Hotdog Sun Chips Baked Beans Fresh Veggies Mini Moon Pie</p>	<p><b>9</b> <u><b>BREAKFAST</b></u> Chicken Biscuit, Cereal, Fruit, Juice, Milk</p> <p><u><b>LUNCH</b></u> 1<sup>st</sup>- Pork BBQ Nachos 2<sup>nd</sup>- Cheese Quesadilla Queso Cheese Corn Refried Beans Salsa</p>	<p><b>10</b> <u><b>BREAKFAST</b></u> Breakfast Pizza, Cereal, Fruit, Juice, Milk</p> <p><u><b>LUNCH</b></u> 1<sup>st</sup>-Chicken Tenders 2<sup>nd</sup>-Baked Ham Mashed Potatoes Peas Roll</p>	<p><b>11</b> <u><b>BREAKFAST</b></u> Dutch Waffle, Cereal, Fruit, Juice, Milk</p> <p><u><b>LUNCH</b></u> 1<sup>st</sup>- Pizza 2<sup>nd</sup>- Chicken Sandwich Green Beans Fresh Veggies</p>	<p><b>12</b> <u><b>BREAKFAST</b></u> Sausage Biscuit, Cereal, Fruit, Juice, Milk</p> <p><u><b>LUNCH</b></u> 1<sup>st</sup>- Fish Sticks 2<sup>nd</sup>- BBQ Riblet Baked Beans Fries Breadstick</p>
<p><b>15</b> <u><b>BREAKFAST</b></u> French Toast &amp; Bacon, Cereal, Fruit, Juice, Milk</p> <p><u><b>LUNCH</b></u> 1<sup>st</sup>- Mini Chicken Filet(2) 2<sup>nd</sup>- Baked Ham Baby Potatoes Corn Roll</p>	<p><b>16</b> <u><b>BREAKFAST</b></u> Chicken Biscuit, Cereal, Fruit, Juice, Milk</p> <p><u><b>LUNCH</b></u> 1<sup>st</sup>- Pizza 2<sup>nd</sup>- Cheese Breadsticks Green Beans Fresh Veggies</p>	<p><b>17</b> <u><b>BREAKFAST</b></u> Yogurt w/grahams, Cereal, Fruit, Juice, Milk</p> <p><u><b>LUNCH</b></u> 1<sup>st</sup>- Popcorn Chicken 2<sup>nd</sup>- Beef Teriyaki Ramen Noodles Sweet Carrots Broccoli</p>	<p><b>18</b> <u><b>BREAKFAST</b></u> Pancakes, Cereal, Fruit, Juice, Milk</p> <p><u><b>LUNCH</b></u> 1<sup>st</sup>- Turkey &amp; Cheese Hoagie 2<sup>nd</sup>- Ham &amp; Cheese Hoagie Baked Beans Fresh Veggies Chips &amp; Cookie</p>	<p><b>19</b> <u><b>BREAKFAST</b></u> Sausage Biscuit, Cereal, Fruit, Juice, Milk</p> <p><u><b>LUNCH</b></u> Kitchen Surprise</p>
<p><b>22</b> <u><b>BREAKFAST</b></u> Waffles &amp; Bacon, Cereal, Fruit, Juice, Milk</p> <p><u><b>LUNCH</b></u> 1<sup>st</sup>- Chicken Tenders 2<sup>nd</sup>- Cheese Bites Baby Potatoes Broccoli Fresh Veggies</p>	<p><b>23</b> <u><b>BREAKFAST</b></u> Chicken Biscuit, Cereal, Fruit, Juice, Milk</p> <p><u><b>LUNCH</b></u> 1<sup>st</sup>- Pork Taco 2<sup>nd</sup>- Beef Nachos Queso Cheese Refried Beans Corn Salsa</p>	<p><b>24</b> <u><b>BREAKFAST</b></u> French Toast, Cereal, Fruit, Juice, Milk</p> <p><u><b>LUNCH</b></u> 1<sup>st</sup>- Turkey &amp; Cheese Hoagie 2<sup>nd</sup>- Ham &amp; Cheese Hoagie Baked Beans Fresh Veggies Chips &amp; Cookie</p>	<p><b>25</b> <u><b>BREAKFAST</b></u> Dutch Waffle, Cereal, Fruit, Juice, Milk</p> <p><u><b>LUNCH</b></u> 1<sup>st</sup>- Pizza 2<sup>nd</sup>- Chicken Sandwich French Fries Green Beans Fresh Veggies</p>	<p><b>26</b> <u><b>BREAKFAST</b></u> Sausage Biscuit, Cereal, Fruit, Juice, Milk</p> <p><u><b>LUNCH</b></u> Kitchen Surprise</p>
<p><b>29</b> <u><b>BREAKFAST</b></u> Sausage Biscuit, Cereal, Fruit, Juice, Milk</p> <p><u><b>LUNCH</b></u> 1<sup>st</sup>- Popcorn Chicken 2<sup>nd</sup>- Beef Teriyaki Ramen Noodles Sweet Carrots Broccoli</p>	<p><b>30</b> <u><b>BREAKFAST</b></u> Pancakes, Cereal, Fruit, Juice, Milk</p> <p><u><b>LUNCH</b></u> 1<sup>st</sup>- Turkey &amp; Cheese Hoagie 2<sup>nd</sup>- Ham &amp; Cheese Hoagie Baked Beans Fresh Veggies Chips &amp; Cookie</p>		<p><u><b>ADDITIONAL OPTIONS DAILY</b></u> 3<sup>rd</sup>- Pizza 4<sup>th</sup>- PB&amp;J Grab-n-Go 5<sup>th</sup>- Salad/Potato Bar</p>	<p><b>** All meals are served with fruit, juice, and milk</b></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.** In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.