

# LINCOLN HEIGHTS MIDDLE SCHOOL

## MAY 2024 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>ADDITIONAL OPTIONS</b> <b>DAILY</b> 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>	<p><b>1 BREAKFAST</b> Yogurt w/grahams, Cereal, Fruit, Juice, Milk</p> <p><b>LUNCH</b> 1<sup>st</sup>- Pizza 2<sup>nd</sup>- Chicken Sandwich French Fries Green Beans Fresh Veggies</p>	<p><b>2 BREAKFAST</b> Dutch Waffle, Cereal, Fruit, Juice, Milk</p> <p><b>LUNCH</b> 1<sup>st</sup>- Chicken Chunks 2<sup>nd</sup>- Cheese Bites Broccoli &amp; Cheese French Fries</p>	<p><b>3 BREAKFAST</b> Sausage Biscuit, Cereal, Fruit, Juice, Milk</p> <p><b>LUNCH</b> 1<sup>st</sup>- Hamburger 2<sup>nd</sup>- Hotdog Corn Baked Beans Chips</p>
<p><b>6 BREAKFAST</b> Waffles &amp; Bacon, Cereal, Fruit, Juice, Milk</p> <p><b>LUNCH</b> 1<sup>st</sup>- Chicken Sandwich 2<sup>nd</sup>- BBQ Pork Sandwich French Fries Baked Beans Coleslaw</p>	<p><b>7 BREAKFAST</b> Sausage Biscuit, Cereal, Fruit, Juice, Milk</p> <p><b>LUNCH</b> 1<sup>st</sup>- Chicken Parmesan 2<sup>nd</sup>- Lasagna Roll Broccoli &amp; Cheese Whole Baby Potatoes Garlic Bread</p>	<p><b>8 BREAKFAST</b> Breakfast Pizza, Cereal, Fruit, Juice, Milk</p> <p><b>LUNCH</b> 1<sup>st</sup>-Corndog 2<sup>nd</sup>-Cheese Bites California Blend French Fries</p>	<p><b>9 BREAKFAST</b> Cinnamon Roll, Cereal, Fruit, Juice, Milk</p> <p><b>LUNCH</b> 1<sup>st</sup>- Popcorn Chicken 2<sup>nd</sup>- Teriyaki Beef Sweet Potatoes Green Beans Roll</p>	<p><b>10 BREAKFAST</b> Fruit Filled Studel, Cereal, Fruit, Juice, Milk</p> <p><b>LUNCH</b> 1<sup>st</sup>- Pizza 2<sup>nd</sup>- Cheese Quesadilla Mac &amp; Cheese Corn Salsa</p>
<p><b>13 BREAKFAST</b> Dutch Waffle &amp; Bacon, Cereal, Fruit, Juice, Milk</p> <p><b>LUNCH</b> 1<sup>st</sup>- Orange Chicken 2<sup>nd</sup>- Teriyaki Beef Broccoli Sweet Carrots Ramen Noodles Egg Roll</p>	<p><b>14 BREAKFAST</b> Chicken Biscuit, Cereal, Fruit, Juice, Milk</p> <p><b>LUNCH</b> 1<sup>st</sup>- Chicken Chunks 2<sup>nd</sup>- Turkey &amp; Cheese Sandwich Green Beans Fresh Veggies</p>	<p><b>15 BREAKFAST</b> Donuts, Cereal, Fruit, Juice, Milk</p> <p><b>LUNCH</b> 1<sup>st</sup>- Hamburger 2<sup>nd</sup>- Hotdogs &amp; Chili Baked Beans Corn Chips</p>	<p><b>16</b></p>	<p><b>17</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.