

LINCOLN HEIGHTS MIDDLE SCHOOL

OCTOBER 2023 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 <u>BREAKFAST</u> French Toast Sticks, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Popcorn Chicken 2nd- Beef Bites w/Gravy Mashed Potatoes Peas Roll</p>	<p>3 <u>BREAKFAST</u> Chicken Biscuit, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- BBQ Chicken Sandwich 2nd- Pizza Green Beans Sweet Potato Fries Fresh Veggies</p>	<p>4 <u>BREAKFAST</u> Warm Muffin, Cereal, Fruit, Juice, Milk</p> <p><u>BREAKFAST FOR LUNCH</u> Scrambled Eggs & Sausage Biscuits & Gravy Hashbrowns Tomatoes</p>	<p>5 <u>BREAKFAST</u> Breakfast Pizza, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st-Grilled Cheese 2nd- Cheese Bites Homemade Chili Corn Fresh Veggies</p>	<p>6 <u>BREAKFAST</u> Sausage Biscuit, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Cheeseburger 2nd- Hotdog w/Chili French Fries Baked Beans Fresh Veggies</p>
<p>9</p> <p>NO SCHOOL FALL BREAK</p>	<p>10</p> <p>NO SCHOOL FALL BREAK</p>	<p>11</p> <p>NO SCHOOL FALL BREAK</p>	<p>12</p> <p>NO SCHOOL FALL BREAK</p>	<p>13</p> <p>NO SCHOOL FALL BREAK</p>
<p>16 <u>BREAKFAST</u> Donut Holes, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Hamburger Steak & Gravy 2nd- Baked Ham Mashed Potatoes Peas Roll</p>	<p>17 <u>BREAKFAST</u> Chicken Biscuit, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Cheesy Breadsticks 2nd- Pizza Green Beans Fresh Veggies Cookie</p>	<p>18 <u>BREAKFAST</u> Yogurt & Granola, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Popcorn Chicken 2nd- Baked Spaghetti Steamed Broccoli Whole Baby Potatoes Garlic Bread</p>	<p>19 <u>BREAKFAST</u> Dutch Waffle, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Grilled Cheese 2nd- Cheese Bites Chicken Noodle Soup Fresh Veggies</p>	<p>20 <u>BREAKFAST</u> Sausage Biscuit, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Fish Sticks 2nd- Corndog Nuggets Mac & Cheese Pinto Beans Hushpuppies</p>
<p>23 <u>BREAKFAST</u> Warm Breakfast Bread, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Cheeseburger Macaroni 2nd- Popcorn Chicken Whole Baby Potatoes Corn</p>	<p>24 <u>BREAKFAST</u> Chicken Biscuit, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Orange Chicken 2nd- Beef Teriyaki Bites Fried Rice Steamed Broccoli Sweet Carrots</p>	<p>25 <u>BREAKFAST</u> Pancakes, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Pizza 2nd- Cheeseburger French Fries Green Beans</p>	<p>26 <u>BREAKFAST</u> Breakfast Pizza, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Grilled Cheese 2nd- Cheese Quesadilla Tortilla Soup Fresh Veggies Tortilla Chips Cookie</p>	<p>27 <u>BREAKFAST</u> Sausage Biscuit, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Crispy Chicken Sandwich 2nd- BBQ Pork Sandwich French Fries Baked Beans</p>
<p>30 <u>BREAKFAST</u> French Toast Sticks, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Popcorn Chicken 2nd- Beef Bites w/Gravy Mashed Potatoes Peas Roll</p>	<p>31 <u>BREAKFAST</u> Chicken Biscuit, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- BBQ Chicken Sandwich 2nd- Pizza Green Beans Sweet Potato Fries Fresh Veggies</p>		<p><u>ADDITIONAL OPTIONS</u> 3rd- PBJ Grab-n-Go 4th- Pizza Bar 5th- Salad/Potato Bar</p>	<p>** All meals are served with fruit, juice, and milk.</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.