LINCOLN HEIGHTS MIDDLE SCHOOL

OCTOBER 2023 MENU

OCTOBER 2023 MIENO				
Monday	Tuesday	Wednesday	Thursday	Friday
2 BREAKFAST	3 BREAKFAST	4 BREAKFAST	5 BREAKFAST	6 BREAKFAST
French Toast Sticks,	Chicken Biscuit, Cereal,	Warm Muffin, Cereal,	Breakfast Pizza,	Sausage Biscuit,
Cereal, Fruit, Juice, Milk	Fruit, Juice, Milk	Fruit, Juice, Milk	Cereal, Fruit, Juice, Milk	Cereal, Fruit, Juice, Milk
LUNCH COLLECTION	<u>LUNCH</u>	BREAKFAST FOR		
1st- Popcorn Chicken	1st- BBQ Chicken	LUNCH	LUNCH	<u>LUNCH</u>
2 nd - Beef Bites w/Gravy Mashed Potatoes	Sandwich 2 nd - Pizza	Scrambled Eggs & Sausage	1 st -Grilled Cheese 2 nd - Cheese Bites	1 st - Cheeseburger 2 nd - Hotdog w/Chili
Peas	Green Beans	Biscuits & Gravy	Homemade Chili	French Fries
Roll	Sweet Potato Fries	Hashbrowns	Corn	Baked Beans
	Fresh Veggies	Tomatoes	Fresh Veggies	Fresh Veggies
9	10	11	12	13
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
FALL BREAK	FALL BREAK	FALL BREAK	FALL BREAK	FALL BREAK
16 BREAKFAST	17 BREAKFAST	18 BREAKFAST	19 BREAKFAST	20 BREAKFAST
Donut Holes, Cereal,	Chicken Biscuit, Cereal,	Yogurt & Granola,	Dutch Waffle, Cereal,	Sausage Biscuit,
Fruit, Juice, Milk	Fruit, Juice, Milk	Cereal, Fruit, Juice,	Fruit, Juice, Milk	Cereal, Fruit, Juice,
LUNCH	LUNCH	Milk	LUNCH	Milk
1st- Hamburger Steak &	1st- Cheesy Breadsticks	LUNCH	1st- Grilled Cheese	LUNCH
Gravy	2 nd - Pizza	1st- Popcorn Chicken	2 nd - Cheese Bites	1st- Fish Sticks
2 nd - Baked Ham	Green Beans	2 nd - Baked Spaghetti	Chicken Noodle Soup	2 nd - Corndog Nuggets
Mashed Potatoes	Fresh Veggies	Steamed Broccoli	Fresh Veggies	Mac & Cheese
Peas	Cookie	Whole Baby Potatoes		Pinto Beans
Roll		Garlic Bread		Hushpuppies
23 BREAKFAST	24 BREAKFAST	25 BREAKFAST	26 BREAKFAST	27 BREAKFAST
Warm Breakfast Bread,	Chicken Biscuit, Cereal,	Pancakes, Cereal,	Breakfast Pizza,	Sausage Biscuit,
Cereal, Fruit, Juice, Milk	Fruit, Juice, Milk	Fruit, Juice, Milk	Cereal, Fruit, Juice,	Cereal, Fruit, Juice,
LUNCU	LUNCU	LUNCH	Milk	Milk
<u>LUNCH</u> 1 st - Cheeseburger	<u>LUNCH</u> 1 st - Orange Chicken	1 st - Pizza	LUNCH	LUNCH
Macaroni	2 nd - Beef Teriyaki Bites	2 nd - Cheeseburger	1st- Grilled Cheese	1st- Crispy Chicken
2 nd - Popcorn Chicken	Fried Rice	French Fries	2 nd - Cheese	Sandwich
Whole Baby Potatoes	Steamed Broccoli	Green Beans	Quesadilla	2 nd - BBQ Pork
Corn	Sweet Carrots		Tortilla Soup	Sandwich
			Fresh Veggies	French Fries
			Tortilla Chips Cookie	Baked Beans
			COOMO	
30 BREAKFAST	31 BREAKFAST		ADDITIONAL	
French Toast Sticks,	Chicken Biscuit, Cereal,		ADDITIONAL	
Cereal, Fruit, Juice, Milk	Fruit, Juice, Milk		OPTIONS OPTIONS	
LUNCH	LUNCH		3 rd - PBJ Grab-n-Go 4 th - Pizza Bar	
1st- Popcorn Chicken	1st- BBQ Chicken		5 th - Salad/Potato	
2 nd - Beef Bites w/Gravy	Sandwich		Bar	** All made =
Mashed Potatoes	2 nd - Pizza		Jai	** All meals are
Peas	Green Beans			served with fruit,
Roll	Sweet Potato Fries Fresh Veggies			juice, and milk.
	l restricted	<u> </u>		L

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.