

LINCOLN HEIGHTS MIDDLE SCHOOL

February 2024 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>** All meals are served with fruit, juice, and milk</p>	<p><u>ADDITIONAL OPTIONS</u> <u>DAILY</u> 3rd- Pizza 4th- PB&J Grab-n-Go 5th- Salad/Potato Bar</p>		<p>1 <u>BREAKFAST</u> Dutch Waffle, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Cheeseburger Macaroni 2nd- Popcorn Chicken French Fries California Veggies</p>	<p>2 <u>BREAKFAST</u> Sausage Biscuit, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Cheeseburger 2nd- Chicken Sandwich Baked Beans Chips</p>
<p>5 <u>BREAKFAST</u> French Toast, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Pizza 2nd- BBQ Pork Sandwich Corn Broccoli</p>	<p>6 <u>BREAKFAST</u> Chicken Biscuit, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Chicken Tenders 2nd- Baked Ham Mashed Potatoes Peas Roll</p>	<p>7 <u>BREAKFAST</u> Apple Fritter, Cereal, Fruit, Juice, Milk</p> <p><u>BREAKFAST FOR LUNCH</u> Scrambled Eggs Sausage Biscuits & Gravy Tater tots Sliced Tomatoes</p>	<p>8 <u>BREAKFAST</u> Dutch Waffle, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Grilled Cheese 2nd- Hot Ham & Cheese Chicken Noodle Soup Fresh Veggies</p>	<p>9 <u>BREAKFAST</u> Sausage Biscuit, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Fish Sticks 2nd- Corndog Nuggets Hushpuppies Mac & Cheese Pinto Beans</p>
<p>12 <u>BREAKFAST</u> Pancakes, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Beef Teriyaki 2nd- Chicken Filet (2) Sweet Carrots Green Beans Roll</p>	<p>13 <u>BREAKFAST</u> Chicken Biscuit, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Pork Tacos 2nd- Beef Nachos Queso Cheese Corn Refried Beans Salsa</p>	<p>14 <u>BREAKFAST</u> Apple Fritter, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Chicken Tenders 2nd- Spaghetti w/ Meatballs Broccoli & Cheese Whole Baby Potatoes Garlic Toast Dessert</p>	<p>15 <u>BREAKFAST</u> Breakfast Pizza, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Grilled Cheese 2nd- Cheese Quesadilla Fritos Tomato Basil Soup Fresh Veggies</p>	<p>16 <u>BREAKFAST</u> Sausage Biscuit, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- BBQ Pork Sandwich 2nd- Chicken Sandwich French Fries Baked Beans</p>
<p>19 <u>BREAKFAST</u> Apple Fritter, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Turkey w/gravy 2nd- Baked Ham Sweet Carrots Whole Baby Carrots Roll</p>	<p>20 <u>BREAKFAST</u> Chicken Biscuit, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Pizza 2nd- Chicken Sandwich Broccoli French Fries</p>	<p>21 <u>BREAKFAST</u> Pancakes, Cereal, Fruit, Juice, Milk</p> <p><u>BREAKFAST FOR LUNCH</u> Scrambled Eggs Sausage Biscuits & Gravy Tater tots Sliced Tomatoes</p>	<p>22 <u>BREAKFAST</u> French Toast, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Grilled Cheese 2nd- Cheese Breadsticks Homemade Chili Fresh Veggies Corn</p>	<p>23 <u>BREAKFAST</u> Sausage Biscuit, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Cheeseburger 2nd- Hotdog w/chili Baked Beans French Fries Cookie</p>
<p>26 <u>BREAKFAST</u> French Toast, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Riblet Sandwich 2nd- Chicken Sandwich French Fries Green Beans</p>	<p>27 <u>BREAKFAST</u> Chicken Biscuit, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Chicken Tenders 2nd- Baked Ham Peas Mashed Potatoes Roll</p>	<p>28 <u>BREAKFAST</u> Apple Fritter, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Pizza 2nd- BBQ Pork Sandwich Corn California Veggies</p>	<p>29 <u>BREAKFAST</u> Dutch Waffle, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Grilled Cheese 2nd- Hot Ham & Cheese Chicken Noodle Soup Fresh Veggies</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.