

LINCOLN HEIGHTS MIDDLE SCHOOL

January 2025 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
** All meals are served with fresh fruit, juice, and milk.		1 NO SCHOOL	2 NO SCHOOL	3 NO SCHOOL
6 BREAKFAST Frudel, Cereal, Poptart, Fruit, Juice, Milk LUNCH 1 st - Popcorn Chicken 2 nd - Beef Dippers 3 rd - Pizza 4 th - PBJ Bags Mashed Potatoes Peas Roll	7 BREAKFAST Chicken Biscuit, Cereal, Poptart, Fruit, Juice, Milk LUNCH 1 st - Pizza 2 nd - PBJ w/cheese stick 3 rd - Chili Cheese Nachos Green Beans Tater Tots	8 BREAKFAST Pancakes & Bacon, Cereal, Poptart, Fruit, Juice, Milk LUNCH 1 st - Grilled Cheese 2 nd - Hot Ham & Cheese 3 rd - Pizza 4 th - PBJ Bags Homemade Chili ½ Baked Potato	9 BREAKFAST Warm Breakfast Bread, Poptart, Cereal, Fruit, Juice, Milk LUNCH 1 st - Chicken Nachos 2 nd - Tacos 3 rd - Baked Potato Bar 4 th - PBJ Bags Corn, Salsa, Fiesta Black Beans	10 BREAKFAST Sausage Biscuit, Poptart, Cereal, Fruit, Juice, Milk LUNCH 1 st - Fish Sticks 2 nd - Corndog Nuggets 3 rd - Pizza 4 th - PBJ Bags Pinto Beans Mac & Cheese Hushpuppies
13 BREAKFAST French Toast, Cereal, Poptart, Fruit, Juice, Milk LUNCH 1 st - Chicken Sandwich 2 nd - Cheese Bites 3 rd - Pizza 4 th - PBJ Bags Corn French Fries Marinara	14 BREAKFAST Pancakes, Cereal, Poptart, Fruit, Juice, Milk LUNCH 1 st - Hot Ham & Cheese 2 nd - Hot Turkey & Cheese 3 rd - Baked Potato 4 th - PBJ Bags Chicken Noodle Soup Goldfish Crackers	15 BREAKFAST Breakfast Pizza, Cereal, Poptart, Fruit, Juice, Milk LUNCH 1 st - Pizza 2 nd - PBJ w/cheese stick Green Beans Tater Tots	16 BREAKFAST Cinnamon Roll, Cereal, Poptart, Fruit, Juice, Milk LUNCH 1 st - Chicken Alfredo 2 nd - Cheese Quesadilla 3 rd - PBJ bags Broccoli Sweet Carrots	17 NO SCHOOL PROFESSIONAL DEVELOPMENT DAY
20 NO SCHOOL MLK Day	21 BREAKFAST Yogurt/Granola, Cereal, Poptart, Fruit, Juice, Milk LUNCH 1 st - Grilled Cheese 2 nd - Hot Ham & Cheese 3 rd - Baked Potato 4 th - PBJ bags Tortilla Soup Waffle Fries	22 BREAKFAST Cinnamon Roll, Cereal, Poptart, Fruit, Juice, Milk LUNCH 1 st - Spaghetti 2 nd - Chicken Tenders 3 rd - Pizza 4 th - PBJ Bags Sweet Carrots Broccoli & Garlic Toast	23 BREAKFAST Frudel, Cereal, Poptart, Fruit, Juice, Milk LUNCH 1 st - Cheese Quesadilla 2 nd - Soft Tacos 3 rd - PBJ Bags Corn, Salsa, Fiesta Black Beans	24 BREAKFAST Sausage Biscuit, Cereal, Poptart, Fruit, Juice, Milk LUNCH 1 st - Pizza 2 nd - PBJ w/cheese stick Green Beans Tater Tots
27 BREAKFAST Doughnuts, Cereal, Poptart, Fruit, Juice, Milk LUNCH 1 st - Cheese Breadsticks 2 nd - Hot Turkey & Cheese 3 rd - PBJ Bags Sweet Carrots Broccoli Marinara	28 BREAKFAST Chicken Biscuit, Cereal, Poptart, Fruit, Juice, Milk LUNCH 1 st - Grilled Cheese 2 nd - Fried Bologna Sandwich 3 rd - Baked Potato 4 th - PBJ Bags Chicken Noodle Soup Cheez-its Cookie	29 BREAKFAST Biscuit & Gravy, Cereal, Poptart, Fruit, Juice, Milk LUNCH 1 st - Popcorn Chicken 2 nd - Beef Dippers 3 rd - Pizza 4 th - PBJ Bags Mashed Potatoes Peas Roll	30 BREAKFAST Pancakes, Cereal, Poptart, Fruit, Juice, Milk LUNCH 1 st - Bacon Cheeseburger 2 nd - Roasted Hotdog w/chili 3 rd - Chili Cheese Nachos 4 th - PBJ Bags Baked Beans & Chips	31 BREAKFAST Sausage Biscuit, Cereal, Poptart, Fruit, Juice, Milk LUNCH 1 st - Fish Sticks 2 nd - Corndog Nuggets 3 rd - Pizza 4 th - PBJ Bags Pinto Beans Mac & Cheese Hushpuppies