## LINCOLN HEIGHTS MIDDLE SCHOOL

January 2025 MENU

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

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.