

# LINCOLN HEIGHTS MIDDLE SCHOOL

## OCTOBER 2024 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1 BREAKFAST</b> French Toast Sticks, Cereal, Fruit, Juice, Milk  <b>TAILGATE LUNCH</b> 1 <sup>st</sup> - Pizza 2 <sup>nd</sup> - Chicken Wings 3 <sup>rd</sup> - Nachos w/cheese 4 <sup>th</sup> - PBJ Bags Fresh Veggies Fries	<b>2 BREAKFAST</b> Warm Breakfast Bread, Cereal, Fruit, Juice, Milk  <b>LUNCH</b> 1 <sup>st</sup> - Cheese Quesadilla 2 <sup>nd</sup> - Soft Beef Tacos 3 <sup>rd</sup> - Pizza Bar 4 <sup>th</sup> - PBJ Bags Fiesta Black Beans Corn	<b>3 BREAKFAST</b> Toast & Jelly w/Bacon, Cereal, Fruit, Juice, Milk  <b>LUNCH</b> 1 <sup>st</sup> - Pizza 2 <sup>nd</sup> - Sloppy Joes 3 <sup>rd</sup> - PBJ Bags 4 <sup>th</sup> - Sub Bar Green Beans Tater Tots	<b>4 BREAKFAST</b> Sausage Biscuit, Cereal, Fruit, Juice, Milk  <b>LUNCH</b> 1 <sup>st</sup> - Chicken Sandwich 2 <sup>nd</sup> - Cheeseburger 3 <sup>rd</sup> - Pizza Bar 4 <sup>th</sup> - PBJ Bags Baked Beans Fries
7	8	9	10	11
FALL BREAK	FALL BREAK	FALL BREAK	FALL BREAK	FALL BREAK
14	15	16	17	18
NO SCHOOL  PROFESSIONAL DEVELOPMENT DAY	<b>15 BREAKFAST</b> Pancakes, Cereal, Fruit, Juice, Milk  <b>LUNCH</b> 1 <sup>st</sup> - Ham 2 <sup>nd</sup> - Chicken Tenders 3 <sup>rd</sup> - Sub Bar 4 <sup>th</sup> - PBJ Bags Diced Potatoes California Veg Blend Roll	<b>16 BREAKFAST</b> Egg & Cheese Biscuit, Cereal, Fruit, Juice, Milk  <b>LUNCH</b> 1 <sup>st</sup> - Grilled Cheese 2 <sup>nd</sup> - Cheese Bites 3 <sup>rd</sup> - Pizza Bar 4 <sup>th</sup> - PBJ Bags Homemade Chili Waffle Fries	<b>17 BREAKFAST</b> French Toast Sticks, Cereal, Fruit, Juice, Milk  <b>LUNCH</b> 1 <sup>st</sup> - Hamburger 2 <sup>nd</sup> - Hotdog w/chili 3 <sup>rd</sup> - PBJ Bags 4 <sup>th</sup> - Sub Bar Baked Beans Chips	<b>18 BREAKFAST</b> Sausage Biscuit, Cereal, Fruit, Juice, Milk  <b>LUNCH</b> 1 <sup>st</sup> - Pizza 2 <sup>nd</sup> -Chicken Sandwich 3 <sup>rd</sup> - Pizza Bar 4 <sup>th</sup> - PBJ Bags Green Beans Corn
21	22	23	24	25
<b>21 BREAKFAST</b> Egg & Cheese Biscuit, Cereal, Fruit, Juice, Milk  <b>LUNCH</b> 1 <sup>st</sup> - Lasagna 2 <sup>nd</sup> - Popcorn Chicken 3 <sup>rd</sup> - Pizza Bar 4 <sup>th</sup> - PBJ Bags Broccoli Sweet Carrots Garlic Toast	<b>22 BREAKFAST</b> Warm Muffin, Cereal, Fruit, Juice, Milk  <b>LUNCH</b> 1 <sup>st</sup> - Cheese Quesadilla 2 <sup>nd</sup> - Bean & Cheese Burrito 3 <sup>rd</sup> - PBJ Bags 4 <sup>th</sup> - Sub Bar Fiesta Back Beans Queso Cheese Corn	<b>23 BREAKFAST</b> Cinnamon Roll, Cereal, Fruit, Juice, Milk  <b>LUNCH</b> 1 <sup>st</sup> - Pizza 2 <sup>nd</sup> - Hot Ham & Cheese Croissant 3 <sup>rd</sup> - Pizza Bar 4 <sup>th</sup> - PBJ Bags Green Beans Fries Cookie	<b>24 BREAKFAST</b> Pancakes, Cereal, Fruit, Juice, Milk  <b>LUNCH</b> 1 <sup>st</sup> - Fried Bologna Sandwich 2 <sup>nd</sup> - Cheese Bread 3 <sup>rd</sup> - PBJ Bags 4 <sup>th</sup> - Sub Bar Tomato Bisque Soup Goldfish Crackers	<b>25 BREAKFAST</b> Sausage Biscuit, Cereal, Fruit, Juice, Milk  <b>LUNCH</b> 1 <sup>st</sup> - Fish Sticks 2 <sup>nd</sup> -Corn dog Nuggets 3 <sup>rd</sup> - Pizza Bar 4 <sup>th</sup> - PBJ Bags Pinto Beans Mac & Cheese Hushpuppies
28	29	30	31	** All meals are served with fresh fruit, juice, and milk.
<b>28 BREAKFAST</b> Dutch Waffle, Cereal, Fruit, Juice, Milk  <b>LUNCH</b> 1 <sup>st</sup> - Grilled Cheese 2 <sup>nd</sup> - Hot Ham & Cheese Sub 3 <sup>rd</sup> - Pizza Bar 4 <sup>th</sup> - PBJ Bags Chicken Noodle Soup Fries	<b>29 BREAKFAST</b> Warm Muffin, Cereal, Fruit, Juice, Milk  <b>LUNCH</b> 1 <sup>st</sup> - Chicken Fettucine Alfredo 2 <sup>nd</sup> -Chicken Tenders 3 <sup>rd</sup> - PBJ Bags 4 <sup>th</sup> - Sub Bar Broccoli Sweet Carrots	<b>30 BREAKFAST</b> Bacon Biscuit, Cereal, Fruit, Juice, Milk  <b>LUNCH</b> 1 <sup>st</sup> - Cheese Quesadilla 2 <sup>nd</sup> - Soft Beef Tacos 3 <sup>rd</sup> - Pizza Bar 4 <sup>th</sup> - PBJ Bags Refried Beans Corn	<b>31 BREAKFAST</b> Pancakes, Cereal, Fruit, Juice, Milk  <b>LUNCH</b> 1 <sup>st</sup> - Hamburger 2 <sup>nd</sup> -Chicken Sandwich 3 <sup>rd</sup> - Sub Bar 4 <sup>th</sup> - PBJ Bags Baked Beans Chips Dessert	