LINCOLN HEIGHTS MIDDLE SCHOOL

OCTOBER 2024 MENU

| Manalay | 1 | Wednesday | 1 | Fui doss |
|------------------------------------|-----------------------------------|------------------------------------|-----------------------------------|----------------------------------|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| | 1 BREAKFAST | 2 BREAKFAST | 3 BREAKFAST | 4 BREAKFAST |
| | French Toast Sticks, | Warm Breakfast Bread, | Toast & Jelly | Sausage Biscuit, |
| | Cereal, Fruit, Juice, Milk | Cereal, Fruit, Juice, | w/Bacon, Cereal, | Cereal, Fruit, Juice, |
| | T | Milk | Fruit, Juice, Milk | Milk |
| | TAILGATE LUNCH | | | |
| | 1 st - Pizza | <u>LUNCH</u> | LUNCH | LUNCH |
| | 2 nd - Chicken Wings | 1st- Cheese Quesadilla | 1st- Pizza | 1st- Chicken |
| | 3 rd - Nachos w/cheese | 2 nd - Soft Beef Tacos | 2 nd - Sloppy Joes | Sandwich |
| | 4 th - PBJ Bags | 3 rd - Pizza Bar | 3 rd - PBJ Bags | 2 nd - Cheeseburger |
| | Fresh Veggies | 4th- PBJ Bags | 4 th - Sub Bar | 3 rd - Pizza Bar |
| | Fries | Fiesta Black Beans | Green Beans | 4th- PBJ Bags |
| | | Corn | Tater Tots | Baked Beans |
| | | | | Fries |
| 7 | 8 | 9 | 10 | 11 |
| | | | | |
| | 5411 BB5416 | | | EALL BREAK |
| FALL BREAK | FALL BREAK | FALL BREAK | FALL BREAK | FALL BREAK |
| | | | | |
| | | | | |
| | | | | |
| 14 | 15 BREAKFAST | 16 BREAKFAST | 17 BREAKFAST | 18 BREAKFAST |
| | Pancakes, Cereal, Fruit, | Egg & Cheese Biscuit, | French Toast Sticks, | Sausage Biscuit, |
| NO SCHOOL | Juice, Milk | Cereal, Fruit, Juice, | Cereal, Fruit, Juice, | Cereal, Fruit, Juice, |
| | | Milk | Milk | Milk |
| | <u>LUNCH</u> | | | <u>LUNCH</u> |
| PROFESSIONAL | 1 st - Ham | <u>LUNCH</u> | <u>LUNCH</u> | 1 st - Pizza |
| DEVELOPMENT | 2 nd - Chicken Tenders | 1st- Grilled Cheese | 1 st - Hamburger | 2 nd -Chicken |
| DAY | 3 rd - Sub Bar | 2 nd - Cheese Bites | 2 nd - Hotdog w/chili | Sandwich |
| | 4 th - PBJ Bags | 3 rd - Pizza Bar | 3 rd - PBJ Bags | 3 rd - Pizza Bar |
| | Diced Potatoes | 4 th - PBJ Bags | 4 th - Sub Bar | 4 th - PBJ Bags |
| | California Veg Blend | Homemade Čhili | Baked Beans | Green Beans |
| | Roll | Waffle Fries | Chips | Corn |
| 21 BREAKFAST | 22 BREAKFAST | 23 BREAKFAST | 24 BREAKFAST | 25 BREAKFAST |
| Egg & Cheese Biscuit, | Warm Muffin, Cereal, | Cinnamon Roll, Cereal, | Pancakes, Cereal, | Sausage Biscuit, |
| Cereal, Fruit, Juice, Milk | Fruit, Juice, Milk | Fruit, Juice, Milk | Fruit, Juice, Milk | Cereal, Fruit, Juice, |
| , , , | LUNCH | , , | , , | Milk |
| LUNCH | 1st- Cheese Quesadilla | <u>LUNCH</u> | <u>LUNCH</u> | LUNCH |
| 1 st - Lasagna | 2 nd - Bean & Cheese | 1 st - Pizza | 1 st - Fried Bologna | 1st- Fish Sticks |
| 2 nd - Popcorn Chicken | Burrito | 2 nd - Hot Ham & Cheese | Sandwich | 2 nd -Corndog Nuggets |
| 3 rd - Pizza Bar | 3 rd - PBJ Bags | Croissant | 2 nd - Cheese Bread | 3 rd - Pizza Bar |
| 4 th - PBJ Bags | 4 th - Sub Bar | 3 rd - Pizza Bar | 3 rd - PBJ Bags | 4 th - PBJ Bags |
| Broccoli | Fiesta Back Beans | 4th- PBJ Bags | 4th- Sub Bar | Pinto Beans |
| Sweet Carrots | Queso Cheese | Green Beans | Tomato Bisque Soup | Mac & Cheese |
| Garlic Toast | Corn | Fries | Goldfish Crackers | Hushpuppies |
| | | Cookie | Coldition Crackers | 1.43116466100 |
| 28 BREAKFAST | 29 BREAKFAST | 30 BREAKFAST | 31 BREAKFAST | ** All meals are |
| Dutch Waffle, Cereal, | Warm Muffin, Cereal, | Bacon Biscuit, Cereal, | Pancakes, Cereal, | served with fresh |
| Fruit, Juice, Milk | Fruit, Juice, Milk | Fruit, Juice, Milk | Fruit, Juice, Milk | |
| 1 1315, 33130, 141111 | | 1 1 311, 0 3100, 141111 | LUNCH | fruit, juice, and milk. |
| LUNCH | LUNCH | LUNCH | 1 st - Hamburger | |
| 1st- Grilled Cheese | 1st- Chicken Fettucine | 1st- Cheese Quesadilla | 2 nd -Chicken Sandwich | |
| 2 nd - Hot Ham & Cheese | Alfredo | 2 nd - Soft Beef Tacos | 3 rd - Sub Bar | |
| Sub | 2 nd -Chicken Tenders | 3 rd - Pizza Bar | 4 th - PBJ Bags | |
| 3 rd - Pizza Bar | 3 rd - PBJ Bags | 4th- PBJ Bags | Baked Beans | |
| | | | | |
| 4th- PBJ Bags | 4 th - Sub Bar | Refried Beans | Chips | |
| Chicken Noodle Soup | Broccoli | Corn | Dessert | |
| Fries | Sweet Carrots | | | |

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