

LINCOLN HEIGHTS MIDDLE SCHOOL

SEPTEMBER 2024 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>NO SCHOOL</p> <p>LABOR DAY</p>	<p>3 <u>BREAKFAST</u> French Toast Sticks, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- BBQ Rib Patty 2nd- Popcorn Chicken Mashed Potatoes Peas Roll</p>	<p>4 <u>BREAKFAST</u> Egg & Cheese Bagel, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Cheesy Breadsticks 2nd- Spaghetti & Garlic Bread Broccoli Sweet Carrots</p>	<p>5 <u>BREAKFAST</u> Yogurt & Granola, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Pizza 2nd- Hot Ham & Cheese Sub Green Beans Fries</p>	<p>6 <u>BREAKFAST</u> Sausage Biscuit, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Chicken Patty 2nd- Corndog Nuggets Corn Baked Beans Cookie</p>
<p>9 <u>BREAKFAST</u> Breakfast Pizza, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Beef Teriyaki 2nd- Orange Chicken Ramen Noodles Broccoli Egg Roll</p>	<p>10 <u>BREAKFAST</u> Pancakes, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Turkey & Cheese Sub 2nd- Ham & Cheese Sub French Fries Cookie</p>	<p>11 <u>BREAKFAST</u> Chicken Biscuit, Cereal, Fruit, Juice, Milk</p> <p><u>BREAKFAST FOR LUNCH</u> Scrambled Eggs Sausage Biscuits & Gravy Tater Tots Sliced Tomatoes</p>	<p>12 <u>BREAKFAST</u> Yogurt & Granola, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Pizza 2nd- Hot Ham & Cheese Sub Green Beans Fries</p>	<p>13 <u>BREAKFAST</u> Sausage Biscuit, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Chicken Sandwich 2nd- Cheeseburger Baked Beans</p>
<p>16 <u>BREAKFAST</u> French Toast Sticks, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Ham 2nd- Chicken Tenders Diced Potatoes California Veg Blend Roll</p>	<p>17 <u>BREAKFAST</u> Egg & Cheese Bagel, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Cheesy Breadsticks 2nd- Spaghetti Broccoli Sweet Carrots Garlic Toast</p>	<p>18 <u>BREAKFAST</u> Biscuit & Gravy, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Beef Nachos 2nd- Cheese Quesadilla Corn Refried Beans</p>	<p>19 <u>BREAKFAST</u> French Toast Sticks, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Pizza 2nd- Ham & Cheese Sub Green Beans Fries</p>	<p>20 <u>BREAKFAST</u> Sausage Biscuit, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Fish Sticks 2nd- Corndog Nuggets Hushpuppies Pinto Beans Mac & Cheese</p>
<p>23 <u>BREAKFAST</u> Egg & Cheese Bagel, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Cheese Bites 2nd- Popcorn Chicken Broccoli Fries</p>	<p>24 <u>BREAKFAST</u> Warm Muffin, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Pizza 2nd- Mini Calzones Green Beans Sweet Carrots</p>	<p>25 <u>BREAKFAST</u> Chicken Biscuit, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Cheese Quesadilla 2nd- Soft Shell Beef Tacos Refried Beans Corn</p>	<p>26 <u>BREAKFAST</u> Pancakes, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Pizza 2nd- Hot Ham & Cheese Sub California Veg Blend Cookie</p>	<p>27</p> <p>NO SCHOOL</p> <p>PROFESSIONAL DEVELOPMENT</p>
<p>30 <u>BREAKFAST</u> Egg & Cheese Bagel, Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 1st- Cheese Bites 2nd- Chicken Fettucine Alfredo Broccoli Corn</p>		<p>** All meals are served with fresh fruit, juice, and milk.</p>		<p><u>ADDITIONAL OPTIONS DAILY</u> 3rd - Pizza 4th - PB&J Grab-n-Go 5th - Salad/Potato Bar</p>