

# LINCOLN ELEMENTARY SCHOOLS

## Lunch Menu

### **Monday, Oct. 7**

Hot dog on wg/bun  
Sweet peas  
French fries  
Diced peaches

### **Tuesday, Oct. 8**

Chicken nuggets  
Broccoli florets  
Sweet potatoes  
Fruit cocktail

### **Wednesday, Oct. 9**

Sausage pizza  
Spinach mix  
Corn  
Strawberry applesauce

### **Thursday, Oct. 10**

Deli turkey w/cheese on wg bun  
Baked beans  
Tortilla chips w/salsa  
Banana

### **Friday, Oct. 11**

No School  
Teacher institute

### **Monday, Oct. 14**

COLUMBUS DAY!  
No School

### **Tuesday, Oct. 15**

Turkey & gravy  
Mashed potatoes  
Peas & carrots  
Bread & butter  
Diced pears

### **Wednesday, Oct. 16**

Taco max wrap w/salsa  
Tortilla chips  
Refried beans  
Broccoli w/cheese  
Cinnamon applesauce

### **Thursday, Oct. 17**

Sloppy joe on wg bun  
French fries  
Cole slaw  
Fruit cocktail

### **Friday, Oct. 18**

Pancakes w/syrup  
Roasted sweet potatoes  
Tomato juice  
Sausage patties  
Diced peaches

**Variety of milk served with all meals**

Meals meet nutritional requirements set forth by the Federal Government, of 30% or less total fat, and 10% or less saturated fat. Nutritional information is available upon request.