

LINCOLN ELEMENTARY SCHOOLS

Lunch Menu

Monday, Oct. 21

Sweet & sour chicken
WG rice
Green beans
Carrot sticks
Fruit cocktail

Tuesday, Oct. 22

Hamburger w/cheese on wg bun
Baked beans
Broccoli florets w/ tomatoes
Cinnamon applesauce
Diced pears

Wednesday, Oct. 23

Sausage pizza
Spinach mix
Corn
Grapes

Thursday, Oct. 24

Corndog
Sweet peas
French fries
Diced pears

Friday, Oct. 25

NO SCHOOL!
Parent teacher conferences

Monday, Oct. 28

Chicken wrap w/cheese
Broccoli w/cheese
Corn
Diced pears

Tuesday, Oct. 29

Salisbury steak
Mashed potatoes
Bread & butter
Green beans
Diced peaches

Wednesday, Oct. 30

Tacos w/lettuce & cheese
Taco chips w/salsa
Refried beans
Orange wedges

Thursday, Oct. 31

Bar b.q. rib on wg bun
Potato rounds
Sweet peas
Fruit cocktail

Friday, Nov. 1

Chili w/crackers
Peanut butter sandwich
Cheese stick/ dill spear
Celery sticks
Apple crisp

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.