Lincoln Junior and Senior High Lunch Menu

|  | Lincoln Junior and Senior High Lunch Menu |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| February-19 | February-20 | February-21 | February-22 | February-23 |
| BURGERBAR/TACO SALAD/BBQ CHICKEN PIZZA/GRILLED CHICKEN CRAVEABLE |  |  |  |  |
| SANDWICH SPECIAL-TURKEY BACON SWISS CROISSANT SANDWICH |  |  |  |  |
| No SCHOOL | Entrée | Entrée | Entrée | Entrée |
|  | Buffalo Chicken Dip w/ Tortilla Chips | BBGR Riby Sandwich on a WG | Gobbler Bowl (Turkey, Gravy, Stuffing, Corn) w/ WG Roll | General Too Popocorn Ch |
|  | Featured Veggies | Featured Vegzies | Featured Vegzies | Featured Vegzies |
|  | Seasoned Rice Seasoned Green Beans Featured Fruit | Parsley Buttered Potatoes Mixed Vegetables eatured Fruit | Mashed Potatoes \& Gravy Corn <br> Featured Fruit | Fried Rice Baked Beans Featured Fruit <br> Featured Fruit |
|  |  |  |  |  |
| February-26 | February-27 | February-28 | February-29 | March-1 |

DELI BAR/APPLE CRUNCH SALAD/PEPPERONI \& SAUSAGE PIZZA/BREADSTICK CRAVEABLE
SANDWICH SPECIAL - CHICKEN CHEDDAR QUESDILA
What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price.
$\star$ Minimum of $1 / 2$ cup serving of fruit or a minimum of a $1 / 2$ cup of vegetable must accompany a reimbursable lunch. Meat or meat alternate - Choice of Vegetable

Choice of Fruit
Grain/Bread Choice of Milk - $1 \%$ white and chocolate

## Daily Fruit Choices

 May Include:Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce Pineapple, 100\% Fruit Juices, and Mandarin Oranges

WEEKLY ALTERNATIVES cheffrestif

* BRAVO bar OF THE WEEK - Cheffresh Entree of the - Fresh Salad of the week!


DAILY ENTREE OPTIONS MAY INCLUDE:
Bravo Bars
Cheffresh Salad
Cheffresh Sandwich or Wrap
Cheeseburg

- Chicken Patty Sandwich Spicy Chicken Patty Sandwich - Cheese Pizza AND MORE!

Lunch Prices:
Student: Free
Reduced: Free
Adult: $\$ 4.05$
General Manager: Phone Number: 724-752-1591 Ext. 3020 Phone Number: metz@ecasdk12.org

USDA IS AN EQUAL OPPORTUNITY EMPLOYER

ALL MENU ITEMS ARE SUBJECT TO CHANGE DUE TO AVAILABILITY


| Tuesday | Wednesday | Thursday |
| :--- | :--- | :--- | February-20 $\quad$ February-21 $\quad$ February-22 SANDWICH SPECIAL-TURKEY BACON SWISS CROISSANT SANDWICH


| SANDWICH SPECIAL - CHICKEN CHEDDAR QUESDILLA |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| Entré | Entrée | Entré | Entré | Entrée |
| Meatbal Sub on a WG Hoagie Bun | Nacho Grande w/ Tortilla Chips | Popcorn Chicken Mashed Potato Bowl w/WG Roll | WG Pasta \& Meatball w/Roll | Potato \& Cheese Pierogi w/ Cheese Sauce \& Bacon |
| Featured Vegzies | Featured Veggies | Featured Vegzies | Featured Vegzies | Featured Vegzies |
| Glazed Carrots | Spanish Rice | Golden Corn | Mixed Vegetabas | Steamed Peas |
| Italian Salad | side Salad | Mashed Potatoes $w /$ Grav | Chickpea salad | Red Pepper Strips |
| Featured fruit Choice of Mike | Featured Fruit | Fhoice of Milk | Featured Fruit | Featured Fruit |
|  |  |  |  |  |
| March-4 | March-5 | March-6 | March-7 | March-8 |


| SANDWICH SPECIAL-BUFFALO CHICKEN WRAP |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| Entrée | Entrée | Entrée | Entrée | Entrée |
| Jazzed Up Fries | Walking Taco | Chili \& Cheese Hot Dog on a WG Bun | Chicken Parmesan on a WG Bun | Rodeo Chicken on a WG Bun |
| Featured Veggies | Featured Veggies | Featured Veggies | Featured Veggies | Featured Veggies |
| Cheesy Broccoli Rice Cucumber Slices Featured Fruit Choice of Milk | Tater Tots Seasoned Corn Featured Fruit Choice of Milk | Hashbrown Mixed Vegetables Featured Fruit Choice of Milk | Pasta Salad Baby Carrots Featured Fruit Choice of Milk | Buttered Noodles Baked Beans Featured Fruit Choice of Milk |
|  |  |  |  |  |
| March-11 | March-12 | March-13 | March-14 | March-15 | PASTA BAR/MIGHTY MAC SALAD/MEATLOVERS PIZZA/HAM, TURKEY, \& CHEESE CRAVEABLE SANDWICH SPECIAL-GRILLED BBQ BACON CHEDDAR CHICKEN SANDWICH


| Entrée | Entrée |
| :---: | :---: |
| Cheeseburger w/Bacon on a WG <br> Bun | Tot Chos w/ Taco Meat \& Cheese <br> Sauce over Tots |
| Featured Veggies | Featured Veggies |
| Potato Wedges |  |
| Side Salad |  |
| Featured Fruit |  |
| Choice of Milk | Tater Tots <br> Featured Fruit <br> Choice of Milk |

March-18
March-19

| Entrée |
| :---: |
| Chicken \& Gravy over WG Biscuit |
| Featured Veggies |
| Glazed Carrots <br> Red Pepper Strips <br> Featured Fruit <br> Choice of Milk |
| March-20 |


| Entree |  |
| ---: | ---: |
|  | WG Pasta w |
|  | Fea |
|  |  |
|  | F |
|  | C |

WRAP BAR/CRUNCHY SOUTHWEST CHICKEN SALAD/BUFFALO CHICKEN PIZZA/WALKING TACO CRAVEABLE

| SANDWICH SPECIAL-CRUNCHY SOUTHWEST CHICKEN WRAP |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| Entrée | Entrée | Entrée | Entrée | Entrée |
| Corn Dog | Beef or Chicken Taco on WG Tortilla | Popcorn Chicken Mashed Potato Bowl w/Roll | Macaroni \& Cheese \& WG Roll | Philly Cheesesteak w/ Peppers \& Onions on a WG Hoagie Bun |
| Featured Veggies | Featured Veggies | Featured Veggies | Featured Veggies | Featured Veggies |
| Ranch Taters Cheesy Broccoli Featured Fruit Choice of Milk | Seasoned Rice Mixed Vegetables Featured Fruit Choice of Milk | $\begin{gathered} \text { Golden Corn } \\ \text { Mashed Potatoes \& Gravy } \\ \text { Featured Fruit } \\ \text { Choice of Milk } \\ \hline \end{gathered}$ | Seasoned Green Beans Garbanzo Bean Salad Featured Fruit Choice of Milk | Parsley Buttered Potatoes Celery Sticks w/Ranch Featured Fruit Choice of Milk |
|  |  |  |  |  |
| March-25 | March-26 | March-27 | March-28 | March-29 |
| MEXICAN BAR/STEAK SALAD/BACON CHICKEN RANCH PIZZA/PEPPERONI \& CHEESE CRAVEABLE |  |  |  |  |
| SANDWICH SPECIAL-ITALIAN SAUSAGE W/SAUCE PEPPERS \& ONIONS SANDWICH |  |  |  |  |
| Entrée | Entrée | Entrée | NO SCHOOL | NO SCHOOL |
| Lasagna w/Meat Sauce \& Garlic Breadstick | Chicken Pot Pies | Chicken Teriyaki w/ Fried Rice | Happy Easter | - 7 |
| Featured Veggies | Featured Veggies | Featured Veggies |  | ( 60 |
| Steamed Peas Cucumber Slices Featured Fruit Choice of Milk | Mashed Potatoes w/Gravy Side Salad Featured Fruit Choice of Milk | Egg Roll Red Pepper Strips Featured Fruit Choice of Milk |  |  |

