



Lincoln Junior and Senior High Lunch Menu



Monday

Taco Tuesday

Wednesday

Pasta Thursday

Friday

10/3/22

10/4/22

10/5/22

10/6/22

10/7/22

PASTA BAR

SANDWICH SPECIAL - ITALIAN PANINI

What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price.

- ★ 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

Entrée	Entrée	Entrée	Entrée	Entrée
French Toast Sticks w/Sausage Links	Beef or Chicken Taco on WG Tortilla	Popcorn Chicken Mashed Potato Bowl	Macaroni & Cheese w/ WG Dinner Roll	Homemade Buffalo Chicken Pizza
Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies
Hash browns	Corn & Black Bean Salad	Golden Corn	Green Beans	Cheesy Broccoli
Cherry Tomatoes	Cheesy Refried Beans	Mashed Potatoes w/gravy	Baby Carrots	Italian Salad
Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
10/10/22	10/11/22	10/12/22	10/13/22	10/14/22

MEXICAN BAR

SANDWICH SPECIAL - RODEO BURGER

Entrée	Entrée	Entrée	Entrée	Entrée
NO SCHOOL Columbus Day	Walking Taco	Hawaiian Pork Sandwich on Ciabatta	Pasta & Meatballs w/ Breadstick	Potato & Cheese Pierogi w/ Cheese Sauce and Bacon
	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies
	Spanish Rice	Mixed Vegetables	Steamed Broccoli	Steamed Peas
	Lettuce & Tomato Cup	Cole Slaw	Side Caesar Salad	Celery Sticks with Ranch
	Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit
	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
10/17/22	10/18/22	10/19/22	10/20/22	10/21/22

Daily Fruit Choices May Include:

- Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, 100% Fruit Juices, and Mandarin Oranges

WEEKLY ALTERNATIVES



- ★ **BRAVO BAR OF THE WEEK**
• Chef fresh Entree of the week!
- Fresh Salad of the week!



DAILY ENTREE OPTIONS MAY INCLUDE:

- Bravo Bars
- Chef fresh Salad
- Chef fresh Sandwich or Wrap
- Cheeseburger
- Hamburger
- Chicken Patty Sandwich
- Spicy Chicken Patty Sandwich
- Cheese Pizza
- Pepperoni Pizza
- AND MORE!



Lunch Prices:

Student: Free
Reduced: Free
Adult: \$4.05

General Manager:

Phone Number:
724-752-1591 Ext. 3020
Phone Number:
metz@ecaskd12.org

USDA IS AN EQUAL OPPORTUNITY EMPLOYER

ALL MENU ITEMS ARE SUBJECT TO CHANGE DUE TO AVAILABILITY

MAC AND CHEESE BAR

SANDWICH SPECIAL - ITALIAN SAUSAGE SANDWICH

Entrée	Entrée	Entrée	Entrée	Entrée
Italian Meatball Sub on a WG Hoagie	Chicken & Cheese Quesadilla	General Tso Popcorn Chicken	WG Penne and Meatsauce with WG Breadstick	Toasted 3 Cheese Sandwich
Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies
Parsley Buttered Potatoes	Seasoned Black Beans	Seasoned Rice	Steamed Peas	Tomato Soup
Baby Carrots	Lettuce & Tomato Cups	Steamed Broccoli	Side Salad	Seasoned Curly Fries
Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
10/24/22	10/25/22	10/26/22	10/27/22	10/28/22

BURGER BAR

SANDWICH SPECIAL - BAHN MI CHICKEN SANDWICH

Entrée	Entrée	Entrée	Entrée	Entrée
BBQ Ribby Sandwich	Nacho Grande w/ Tortilla Chips	Popcorn Chicken Mashed Potato Bowl	Pasta & Meat Sauce w/ Breadstick	Siracha BBQ Pork Street Tacos
Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies
Steamed Broccoli	Seasoned Bean Dip	Steamed Corn	Steamed Carrots	Tater Tots
Potato Wedges	Lettuce & Tomato Cup	Mashed Potatoes and Gravy	Side Salad	Cole Slaw
Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
10/31/22	11/1/22	11/2/22	11/3/22	11/4/22

DELI BAR

SANDWICH SPECIAL - CHICKEN BRUSCETTA SANDWICH

Entrée	Entrée	Entrée	Entrée	Entrée
Jazzed up Fries w/WG Roll	Buffalo Chicken Dip w/ Tortilla Chips	Double Cheese Burger with Bacon on a WG Bun	WG Rotini & Meatballs/Sauce with WG Breadstick	French Bread Pizza
Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies
Cheesy Broccoli	Mexican Corn	Baked Beans	California Blend	Peas & Carrots
Cucumber Slices	Cherry Tomatoes	Tomato and Onion Salad	Italian Salad	Broccoli Florets with Ranch
Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
11/7/22	11/8/22	11/9/22	11/10/22	11/11/22

ASIAN BAR

SANDWICH SPECIAL - PITTSBURGH STEAK SANDWICH

Entrée	Entrée	Entrée	Entrée	Entrée
Philly Cheese Steak Sandwich with Peppers and Onions	Tot Chos w/ Taco Meat & Cheese Sauce over Tots	Chicken Gravy over WG Biscuit	Chicken Parm Sandwich on a WG Bun	Baked Potato Bar w/ Broccoli, Bacon and Cheese Sauce
Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies
Steamed Corn	Baked Beans	Steamed Carrots	Green Beans	Steamed Broccoli
Celery Sticks with Ranch	Lettuce & Tomato Cup	Red Pepper Strips	Side Caesar Salad	Sliced Cucumbers
Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk