

April-2024



Lincoln Junior and Senior High Lunch Menu



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

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
 • Cheffresh Entree of the week!
 • Fresh Salad of the week!



DAILY ENTREE OPTIONS MAY INCLUDE:

- Bravo Bars
- Cheffresh Salad
- Cheffresh 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: \$4.75

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

Brand or equivalent food offered/milk options defined

Monday

Tuesday

Wednesday

Thursday

Friday

April-1

April-2

April-3

April-4

April-5

MAC & CHZ BAR/CAESAR CHICKEN SALAD/MEATBALL PIZZA/GRILLED CHICKEN CRAVEABLE

SANDWICH SPECIAL-BEEF QUESADILLA

NO SCHOOL

Entrée

Entrée

Entrée

Entrée



Buffalo Chicken Dip w/ Tortilla Chips
Featured Veggies
 Seasoned Rice
 Seasoned Green Beans
 Featured Fruit
 Choice of Milk

BBQ Ribby Sandwich on a WG Bun
Featured Veggies
 Parsley Buttered Potatoes
 Mixed Vegetables
 Featured Fruit
 Choice of Milk

Chicken Parmesan on a WG Bun
Featured Veggies
 Corn
 BBQ Baked Beans
 Featured Fruit
 Choice of Milk

General Tso Popcorn Chicken
Featured Veggies
 Fried Rice
 Egg Roll
 Featured Fruit
 Choice of Milk

April-8

April-9

April-10

April-11

April-12

ASIAN BAR/ TACO SALAD/ PEPPERONI & SAUSAGE PIZZA/ BREADSTICK CRAVEABLE

SANDWICH SPECIAL - TURKEY BACON SWISS CROISSANT

Entrée

Entrée

Entrée

Entrée

Entrée

Meatball Sub on a WG Hoagie Bun

Nacho Grande w/ Tortilla Chips

Popcorn Chicken Mashed Potato Bowl w/WG Roll

WG Pasta & Meatballs w/Roll

Potato & Cheese Pierogi w/ Cheese Sauce & Bacon

Featured Veggies
 Glazed Carrots
 Italian Salad
 Featured Fruit
 Choice of Milk

Featured Veggies
 Spanish Rice
 Side Salad
 Featured Fruit
 Choice of Milk

Featured Veggies
 Golden Corn
 Mashed Potatoes w/ Gravy
 Featured Fruit
 Choice of Milk

Featured Veggies
 Mixed Vegetables
 Chickpea Salad
 Featured Fruit
 Choice of Milk

Featured Veggies
 Steamed Peas
 Red Pepper Strips
 Featured Fruit
 Choice of Milk

April-15

April-16

April-17

April-18

April-19

DIP & DUST BAR/ BUFFALO CHICKEN SALAD/ VEGGIE PIZZA/ NACHO CRAVEABLE

SANDWICH SPECIAL-BUFFALO CHICKEN CALZONE

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 Burger on a WG Bun

Featured Veggies
 Cheesy Broccoli Rice
 Cucumber Slices
 Featured Fruit
 Choice of Milk

Featured Veggies
 Tater Tots
 Seasoned Corn
 Featured Fruit
 Choice of Milk

Featured Veggies
 Hashbrown
 Pasta Salad
 Featured Fruit
 Choice of Milk

Featured Veggies
 Garbanzo Bean Salad
 Baby Carrots
 Featured Fruit
 Choice of Milk

Featured Veggies
 Buttered Noodles
 Baked Beans
 Featured Fruit
 Choice of Milk

April-22

April-23

April-24

April-25

April-26

BURGER BAR/ FARMHOUSE SALAD/ MEATLOVERS PIZZA/ HAM OR TURKEY & CHEESE CRAVEABLE

SANDWICH SPECIAL-GRILLED CHICKEN CLUB SANDWICH

Entrée

Entrée

Entrée

Entrée

Entrée

Meatball Calzone

Tot Chos w/ Taco Meat & Cheese Sauce over Tots

Chicken & Gravy over WG Biscuit

WG Pasta w/Meat Sauce & Roll

Toasted 3 Cheese Sandwich

Featured Veggies
 Potato Wedges
 Side Salad
 Featured Fruit
 Choice of Milk

Featured Veggies
 Seasoned Corn
 Tater Tots
 Featured Fruit
 Choice of Milk

Featured Veggies
 Glazed Carrots
 Red Pepper Strips
 Featured Fruit
 Choice of Milk

Featured Veggies
 Steamed Peas
 Corn & Black Bean Salad
 Featured Fruit
 Choice of Milk

Featured Veggies
 Tomato Soup
 Mixed Vegetables
 Featured Fruit
 Choice of Milk

April-29

April-30

May-1

May-2

May-3

DELI BAR/ MIGHTY MAC SALAD/ BUFFALO CHICKEN PIZZA/ WALKING TACO CRAVEABLE

SANDWICH SPECIAL-TURKEY BACON MELT PANINI

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

Meatballs & Gravy over Noodles

Featured Veggies
 Ranch Taters
 Cheesy Broccoli
 Featured Fruit
 Choice of Milk

Featured Veggies
 Seasoned Rice
 Mixed Vegetables
 Featured Fruit
 Choice of Milk

Featured Veggies
 Golden Corn
 Mashed Potatoes & Gravy
 Featured Fruit
 Choice of Milk

Featured Veggies
 Seasoned Green Beans
 Garbanzo Bean Salad
 Featured Fruit
 Choice of Milk

Featured Veggies
 Parsley Buttered Potatoes
 Celery Sticks w/Ranch
 Featured Fruit
 Choice of Milk

May-6

May-7

May-8

May-9

May-10

FRY BAR/ CRUNCHY SOUTHWEST CHICKEN WRAP/ BACON CHICKEN RANCH PIZZA/ PEPPERONI & CHEESE CRAVEABLE

SANDWICH SPECIAL-CHICKEN CHEDDAR QUESADILLA

Entrée

Entrée

Entrée

Entrée

Entrée

BBQ Pork Tot Bowl

Chicken Pot Pies

Chicken Teriyaki w/ Fried Rice

Pasta w/Meatballs & WG Roll

Philly Cheesesteak Sandwich w/Peppers & Onions on a Hoagie Bun

Featured Veggies
 Steamed Peas
 Tater Tots
 Featured Fruit
 Choice of Milk

Featured Veggies
 Mashed Potatoes w/Gravy
 Side Salad
 Featured Fruit
 Choice of Milk

Featured Veggies
 Egg Roll
 Red Pepper Strips
 Featured Fruit
 Choice of Milk

Featured Veggies
 Green Beans
 Chickpea Salad
 Featured Fruit
 Choice of Milk

Featured Veggies
 Mixed Vegetables
 Broccoli Salad
 Featured Fruit
 Choice of Milk