

September-2023



Lincoln Junior and Senior High Lunch Menu



Monday

Tuesday

Wednesday

Thursday

Friday

September-4

September-5

September-6

September-7

September-8

PASTA BAR/FARMHOUSE SALAD/PEPPERONI & SAUSAGE PIZZA/PIZZA CRAVEABLE

SANDWICH SPECIAL-ROAST BEEF PROVOLONE SANDWICH

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
Pasta Salad
Baked Beans
Featured Fruit
Choice of Milk

General Tso Popcorn Chicken
Featured Veggies
Seasoned Corn
Red Pepper Strips
Featured Fruit
Choice of Milk

September-11

September-12

September-13

September-14

September-15

WRAP BAR/BUFFALO CHICKEN SALAD/BUFFALO CHICKEN PIZZA/YOGURT CRAVEABLE

SANDWICH SPECIAL - GRILLED CHICKEN CLUB SANDWICH

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
Lemon Parmesan Broccoli
Caesar Side Salad
Featured Fruit
Choice of Milk

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

September-18

September-19

September-20

September-21

September-22

MEXICAN BAR/TACO SALAD/TACO PIZZA/NACHO CRAVEABLE

SANDWICH SPECIAL-ITALIAN SAUSAGE W/ PEPPERS & ONIONS

Entrée

Entrée

Entrée

Entrée

Entrée

Jazzed Up Fries

Walking Taco

Chili & Chees Hot Dog on a WG Bun

Chicken Alfredo over WG Pasta w/Roll

Rodeo Chicken on a WG Bun

Featured Veggies
Cheesy Broccoli
Cucumber Slices
Featured Fruit
Choice of Milk

Featured Veggies
Tater Tots
Black Bean & Corn Salad
Featured Fruit
Choice of Milk

Featured Veggies
Hashbrown
Mixed Vegetables
Featured Fruit
Choice of Milk

Featured Veggies
Glazed Carrots
Side Salad
Featured Fruit
Choice of Milk

Featured Veggies
Buttered Noodles
Baked Beans
Featured Fruit
Choice of Milk

September-25

September-26

September-27

September-28

September-29

DIP & DUST BONELESS WING BAR/MIGHTY MAC SALAD/BBQ CHICKEN PIZZA/PEPPERONI & CHZ CRAVEABLE

SANDWICH SPECIAL-CRUNCHY SOUTHWEST CHICKEN WRAP

Entrée

Entrée

Entrée

Entrée

Entrée

Cheeseburger w/Bacon on a WG Bun

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
Cheesy Broccoli
Potato Wedges
Featured Fruit
Choice of Milk

Featured Veggies
Seasoned Corn
Tater Tots
Featured Fruit
Choice of Milk

Featured Veggies
Glazed Carrots
Red Pepper Strips w/Hummus
Featured Fruit
Choice of Milk

Featured Veggies
Steamed Peas
Italian Side Salad
Featured Fruit
Choice of Milk

Featured Veggies
Tomato Soup
Mixed Vegetables
Featured Fruit
Choice of Milk

October-2

October-3

October-4

October-5

October-6

ASIAN BAR/STEAK SALAD/BACON CHICKEN RANCH PIZZA/CHOCOLATE DIP CRAVEABLE

SANDWICH SPECIAL-GRILLED BBQ BACON CHEDDAR SANDWICH

Entrée

Entrée

Entrée

Entrée

Entrée

Corn Dog

Beef or Chicken Taco on WG Tortilla

Popcorn Chicken Mashed Potato Bowl w/Roll

Macaroni & Cheese w/Bacon & Roll

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

Featured Veggies
Fries
Cheesy Broccoli
Featured Fruit
Choice of Milk

Featured Veggies
Seasoned Rice w/Black Beans
Mixed Vegetables
Featured Fruit
Choice of Milk

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

Featured Veggies
Seasoned Green Beans
Italian Side Salad
Featured Fruit
Choice of Milk

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

October-9

October-10

October-11

October-12

October-13

BURGER BAR/FARMHOUSE SALAD/MAC & CHEESE PIZZA/SOFT PRETZEL CRAVEABLE

SANDWICH SPECIAL-TURKEY BACON SWISS CROISSANT

NO SCHOOL

Entrée

Entrée

Entrée

Entrée



Buffalo Chicken Dip w/ Tortilla Chips
Featured Veggies
Mexican Corn
Cheesy Refried Beans
Featured Fruit
Choice of Milk

Chicken Teriyaki w/ Fried Rice
Featured Veggies
Egg Roll
Red Pepper Strips
Featured Fruit
Choice of Milk

Lasagna w/Meat Sauce & Garlic Breadstick
Featured Veggies
Steamed Peas
Italian Side Salad
Featured Fruit
Choice of Milk

Pulled Pork & Cheddar Sandwich
Featured Veggies
Mixed Vegetables
Fries
Featured Fruit
Choice of Milk

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 Entrée of the week!
- Fresh Salad of the week!



Avocado-do



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: \$4.05

General Manager:

Phone Number:
724-752-1591 Ext. 3020
Phone Number:
metz@ecasd.k12.org

USDA IS AN EQUAL OPPORTUNITY EMPLOYER

ALL MENU ITEMS ARE SUBJECT TO CHANGE DUE TO AVAILABILITY