

November-December 2022



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
- 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@ecosdk12.org

USDA IS AN EQUAL OPPORTUNITY EMPLOYER

ALL MENU ITEMS ARE SUBJECT TO CHANGE DUE TO AVAILABILITY

Monday	Taco Tuesday	Wednesday	Pasta Thursday	Friday
11/14/22	11/15/22	11/16/22	11/17/22	11/18/22


PASTA BAR/FARMHOUSE SALAD/PIZZA

SANDWICH SPECIAL - ITALIAN PANINI

Entrée	Entrée	Entrée	Entrée	Entrée
French Toast Sticks w/Sausage Links	Beef or Chicken Taco on a Tortilla	Baked Chicken	Macaroni & Cheese w/ Dinner Roll	Homemade Buffalo Chicken Pizza
Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies
Hash browns	Corn & Black Bean Salad	Green Beans	Green Beans	Cheesy Broccoli
Cherry Tomatoes	Cheesy Refried Beans	Mashed Potatoes w/gravy	Italian Salad	Buttered Carrots
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
11/21/22	11/22/22	11/23/22	11/24/22	11/25/22


MEXICAN BAR/POPCORN CHICKEN SALAD/PIZZA

SANDWICH SPECIAL - RODEO BURGER

Entrée	Entrée	Entrée	Entrée	Entrée
Rodeo Chicken Sandwich on a Bun	Walking Taco	Thanksgiving Break		No School
Featured Veggies	Featured Veggies			
Baked Beans	Spanish Rice			
Sliced Cucumbers	Lettuce & Tomato Cup			
Featured Fruit	Featured Fruit			
Choice of Milk	Choice of Milk			
11/28/22	11/29/22	11/30/22	12/1/22	12/2/22

WRAP BAR/CHICKEN CAESAR SALAD/PIZZA

SANDWICH SPECIAL - ITALIAN SAUSAGE SANDWICH

Entrée	Entrée	Entrée	Entrée	Entrée
 Chicken & Cheese Quesadilla	General Tso Popcorn Chicken	Meatball Sandwich		Toasted 3 Cheese Sandwich
Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies
Seasoned Black Beans	Seasoned Rice	Steamed Peas	Steamed Peas	Tomato Soup
Lettuce & Tomato Cups	Steamed Broccoli	Side Salad	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
12/5/22	12/6/22	12/7/22	12/8/22	12/9/22

BURGER BAR/GRILLED CHICKEN SALAD/PIZZA

SANDWICH SPECIAL - PHILLY STEAK SANDWICH

Entrée	Entrée	Entrée	Entrée	Entrée
BBQ Pork Sandwich	Nacho Grande w/ Tortilla Chips	Popcorn Chicken Mashed Potato Bowl	Pasta & Meat Sauce w/ Breadstick	Homemade Cheese Pizza
Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies
Steamed Broccoli	Seasoned Bean Dip	Steamed Corn	Steamed Carrots	Side Salad
Potato Wedges	Lettuce & Tomato Cup	Mashed Potatoes and Gravy	Side Salad	Red Pepper Strips
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
12/12/22	12/13/22	12/14/22	12/15/22	12/16/22

DELI BAR/CHEF SALAD/PIZZA

SANDWICH SPECIAL - BLT SANDWICH

Entrée	Entrée	Entrée	Entrée	Entrée
Jazzed up Fries w/ Roll	Buffalo Chicken Dip w/ Tortilla Chips	Double Cheese Burger with Bacon on a Bun	Lasagna Roll Ups w/ Roll	Homemade Chicken Bacon Ranch 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
12/19/22	12/20/22	12/21/22	12/22/22	12/23/22

ASIAN BAR/STEAK SALAD/PIZZA

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 Biscuit	Chicken Parm Sandwich on a Bun	Holiday Break
Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	
Steamed Corn	Baked Beans	Steamed Carrots	Green Beans	
Celery Sticks with Ranch	Lettuce & Tomato Cup	Red Pepper Strips	Side Caesar Salad	
Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit	
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	

