

August-2022



Lincoln Junior and Senior High Lunch Menu



Monday  
August-22

Tuesday  
August-23

Wednesday  
August-24

Thursday  
August-25

Friday  
August-26



**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: \$4.05

**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

**PASTA BAR**

**BIG MEC SALAD - ITALIAN SAUSAGE PIZZA - BIG MEC WRAP**

	<b>Entrée</b>	<b>Entrée</b>	<b>Entrée</b>
	Chicken Parmesan Sandwich on WG Bun	Bacon Cheeseburger on WG Bun	Homemade Pepperoni Pizza
	<b>Featured Veggies</b> Golden Corn Mashed Potatoes w/gravy Featured Fruit Choice of Milk	<b>Featured Veggies</b> Curly Fries BBQ Baked Beans Featured Fruit Choice of Milk	<b>Featured Veggies</b> Cheesy Broccoli Italian Side Salad Featured Fruit Choice of Milk

August-29      August-30      August-31      September-1      September-2

**MEXICAN BAR**

**CHICKEN CAESAR SALAD - MEATBALL PIZZA - CHICKEN CAESAR WRAP**

<b>Entrée</b>	<b>Entrée</b>	<b>Entrée</b>	<b>Entrée</b>	
Popcorn Chicken Bowl w/WG Roll	Bacon & Cheddar Pierogies w/WG Roll	Sweet Chili Chicken w/Fried Rice	Meatball Hoagie on WG Roll	
<b>Featured Veggies</b> Golden Buttered Corn Mashed Potatoes w/gravy Featured Fruit Choice of Milk	<b>Featured Veggies</b> Sauteed Peppers and Onions Cucumber Salad Featured Fruit Choice of Milk	<b>Featured Veggies</b> Fried Rice Mixed Vegetables Featured Fruit Choice of Milk	<b>Featured Veggies</b> Potato Wedges Chickpea Salad Featured Fruit Choice of Milk	

September-5      September-6      September-7      September-8      September-9

**MAC & CHEESE BAR**

**FARMHOUSE SALAD - PITTSBURGH PIEROGI PIZZA - TURKEY CLUB WRAP**

	<b>Entrée</b>	<b>Entrée</b>	<b>Entrée</b>	<b>Entrée</b>
	Walking Taco	Baked Chicken w/WG Roll	Big MEC on WG Bun	Homemade Cheese Pizza
	<b>Featured Veggies</b> Mexicali Corn Spanish Rice Featured Fruit Choice of Milk	<b>Featured Veggies</b> Creamy Coleslaw BBQ Baked Beans Featured Fruit Choice of Milk	<b>Featured Veggies</b> Curly Fries Green Peas Featured Fruit Choice of Milk	<b>Featured Veggies</b> Cheesy Broccoli Honey & Cinnamon Sweet Potato Featured Fruit Choice of Milk

September-12      September-13      September-14      September-15      September-16

**BURGER BAR**

**PIZZA CAESAR SALAD - MAC & CHEESE PIZZA - ITALIAN WRAP**

<b>Entrée</b>	<b>Entrée</b>	<b>Entrée</b>	<b>Entrée</b>	<b>Entrée</b>
Cheeseburger Mac & Cheese Bowl w/WG Roll	General Tso's	Buffalo Chicken Dip w/Nacho Chips	Roast Beef and Cheddar on WG Flat Bread	Mozzarella Stuffed Pizza Sticks w/Dipping Sauce
<b>Featured Veggies</b> Tater Tots Green Peas Featured Fruit Choice of Milk	<b>Featured Veggies</b> Mixed Veggies Buttered Corn Featured Fruit Choice of Milk	<b>Featured Veggies</b> Green Beans Chickpea Salad Featured Fruit Choice of Milk	<b>Featured Veggies</b> Side Salad Wedge Fries Featured Fruit Choice of Milk	<b>Featured Veggies</b> Cheesy Broccoli Golden Corn Featured Fruit Choice of Milk

September-19      September-20      September-21      September-22      September-23

**HOAGIE BAR**

**STEAK SALAD - PHILLY STEAK PIZZA - STEAK & CHEESE WRAP**

<b>Entrée</b>	<b>Entrée</b>	<b>Entrée</b>	<b>Entrée</b>	<b>Entrée</b>
Jazzed up Fries w/WG Roll	Pasta & Meatballs w/WG Breadstick	Chicken Teriyaki and Fried Rice	Cowboy Burger on WG Roll	Homemade Buffalo Chicken Pizza
<b>Featured Veggies</b> Straight Cut Fries Creamy Coleslaw Featured Fruit Choice of Milk	<b>Featured Veggies</b> Broccoli Italian Side Salad Featured Fruit Choice of Milk	<b>Featured Veggies</b> Mixed Veggies Fried Rice Featured Fruit Choice of Milk	<b>Featured Veggies</b> BBQ Baked Beans Onion Rings Featured Fruit Choice of Milk	<b>Featured Veggies</b> Side Caesar Salad Buttered Carrot Featured Fruit Choice of Milk

September-26      September-27      September-28      September-29      September-30

**BAKED POTATO BAR**

**GRILLED CHICKEN SALAD - BACON CHICKEN RANCH PIZZA - BACON CHICKEN RANCH WRAP**

<b>Entrée</b>	<b>Entrée</b>	<b>Entrée</b>	<b>Entrée</b>	<b>Entrée</b>
Big MEC Tot Bowl w/WG Roll	Sweet N' Sour Chicken over Brown Rice	Chicken Gravy over WG Biscuit	Philly Cheesesteak Hoagie on WG Roll	French Pizza
<b>Featured Veggies</b> Tater Tots Side Salad Featured Fruit Choice of Milk	<b>Featured Veggies</b> Mixed Veggies Fried Rice Featured Fruit Choice of Milk	<b>Featured Veggies</b> Mashed Potatoes w/gravy Green Beans Featured Fruit Choice of Milk	<b>Featured Veggies</b> Sauteed Peppers and Onions Wedge Fries Featured Fruit Choice of Milk	<b>Featured Veggies</b> Potato Soup Chickpea Salad Featured Fruit Choice of Milk