

January-2024



Lincoln Junior and Senior High Lunch Menu



Monday

January-8

Tuesday

January-9

Wednesday

January-10

Thursday

January-11

Friday

January-12

PASTA BAR/TACO SALAD/CHICKEN ALFREDO PIZZA/NACHO CRAVEABLE

SANDWICH SPECIAL-CHICKEN CLUB SANDWICH

Entrée	Entrée	Entrée	Entrée	Entrée
Rodeo Burger on WG Bun	Buffalo Chicken Dip w/Tortilla Chips	BBQ Ribby Sandwich on WG Bun	Chicken Parmesan on a WG Bun	General Tso Popcorn Chicken
Featured Veggies Cheesy Broccoli French Fries Featured Fruit Choice of Milk	Featured Veggies Spanish Rice Cheesy Refried Beans Featured Fruit Choice of Milk	Featured Veggies Parsley Buttered Potatoes Mixed Vegetables Featured Fruit Choice of Milk	Featured Veggies Side Salad BBQ Baked Beans Featured Fruit Choice of Milk	Featured Veggies Steamed Broccoli Seasoned Rice Featured Fruit Choice of Milk

January-15

January-16

January-17

January-18

January-19

WRAP BAR/MIGHTY MAC SALAD/PEPPERONI & SAUSAGE PIZZA/PRETZEL CRAVEABLE

SANDWICH SPECIAL-ITALIAN PANINI

NO SCHOOL	Entrée	Entrée	Entrée	Entrée
	Nacho Grande w/ Tortilla Chips	Popcorn Chicken Mashed Potato Bowl w/WG Roll	Pasta w/Meatballs & WG Roll	Potato & Cheese Pierogi w/Cheese Sauce & Bacon
	Featured Veggies Seasoned Rice Cucumber Slices Featured Fruit Choice of Milk	Featured Veggies Golden Corn Mashed Potatoes & Gravy Featured Fruit Choice of Milk	Featured Veggies Seasoned Broccoli Caesar Side Salad Featured Fruit Choice of Milk	Featured Veggies Steamed Peas Red Pepper Strips Featured Fruit Choice of Milk

January-22

January-23

January-24

January-25

January-26

MEXICAN BAR/FARMHOUSE SALAD/BUFFALO CHICKEN PIZZA/BREADSTICK CRAVEABLE

SANDWICH SPECIAL-STEAK MOZZARELLA HOAGIE

Entrée	Entrée	Entrée	Entrée	NO SCHOOL
Jazzed Up Fries	Walking Taco	Corn Dog	Chicken n' Gravy over Rice	
Featured Veggies Cheesy Broccoli Cucumber Slices Featured Fruit Choice of Milk	Featured Veggies Tater Tots Seasoned Corn Featured Fruit Choice of Milk	Featured Veggies Mixed Vegetables Fries Featured Fruit Choice of Milk	Featured Veggies Glazed Carrots Steamed Rice Featured Fruit Choice of Milk	

January-29

January-30

January-31

February-1

February-2

MAC & CHEESE BAR/STEAK SALAD/MEAT LOVERS PIZZA/GRILLED CHICKEN CRAVEABLE

SANDWICH SPECIAL-TUNA WRAP

Entrée	Entrée	Entrée	Entrée	Entrée
Cheeseburger w/Bacon on WG Bun	Tot Chos w/ Taco Meat & Cheese over Tots	Chicken n' Gravy over WG Biscuit	Pasta w/ Meatsauce & WG Roll	Toasted 3 Cheese Sandwich
Featured Veggies Cheesy Broccoli Rice Red Pepper Strips Featured Fruit Choice of Milk	Featured Veggies Seasoned Corn Tater Tots Featured Fruit Choice of Milk	Featured Veggies Glazed Carrots Side Salad Featured Fruit Choice of Milk	Featured Veggies Steamed Peas Garbanzo Bean Salad Featured Fruit Choice of Milk	Featured Veggies Tomato Soup Mixed Vegetable Featured Fruit Choice of Milk

February-5

February-6

February-7

February-8

February-9

DIP N'DUST WING BAR/CAESAR CHICKEN SALAD/BACON CHICKEN RANCH PIZZA/PEPPERONI & CHEESE CRAVEABLE

SANDWICH SPECIAL-PHILLY STEAK SANDWICH W/ PEPPERS & ONIONS

Entrée	Entrée	Entrée	Entrée	Entrée
Sweet n' Sour Chicken	Beef or Chicken Taco on Tortilla	Popcorn Chicken Mashed Potato Bowl w/WG Roll	Macaroni & Cheese w/WG Roll	Meatballs & Gravy over Noodles
Featured Veggies Steamed Broccoli Fried Rice Featured Fruit Choice of Milk	Featured Veggies Hashbrown Mixed Vegetables Featured Fruit Choice of Milk	Featured Veggies Golden Corn Mashed Potatoes & Gravy Featured Fruit Choice of Milk	Featured Veggies Seasoned Green Beans Baby Carrots Featured Fruit Choice of Milk	Featured Veggies Buttered Noodles Celery Sticks w/Ranch Featured Fruit Choice of Milk

February-12

February-13

February-14

February-15

February-16

ASIAN BAR/PITTSBURGH CHICKEN SALAD/MEATBALL PIZZA/WALKING TACO CRAVEABLE

SANDWICH SPECIAL-CHICKEN CAESAR WRAP

Entrée	Entrée	Entrée	Entrée	Entrée
BBQ Pork Tot Bowl	Meatball Calzones	Chicken Teriyaki w/Fried Rice	Pasta w/Meatballs & WG Roll	Philly Cheesesteak Sandwich w/Peppers & Onions on a Hoagie Bun
Featured Veggies Cheesy Broccoli Tater Tots Featured Fruit Choice of Milk	Featured Veggies Seasoned Corn Fries Featured Fruit Choice of Milk	Featured Veggies Egg Roll Red Pepper Strips Featured Fruit Choice of Milk	Featured Veggies Green Beans Side Salad Featured Fruit Choice of Milk	Featured Veggies Mixed Vegetables Broccoli Salad 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 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!



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@ecascdk12.org

USDA IS AN EQUAL OPPORTUNITY EMPLOYER

ALL MENU ITEMS ARE SUBJECT TO CHANGE DUE TO AVAILABILITY