

May-2023



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: \$4.05

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

Monday	Tuesday	Wednesday	Thursday	Friday
May-8	May-9	May-10	May-11	May-12

FRY BAR/TACO SALAD/BBQ CHICKEN PIZZA
SANDWICH SPECIAL-PHILLY STEAK HOAGIE SANDWICH

Entrée	Entrée	Entrée	Entrée	Entrée
Corn Dogs	Chicken Taco on WG Tortilla	Popcorn Chicken Mashed Potato Bowl w/WG Roll	Lasagna w/ WG Roll	BBQ Pork Tot Bowl w/WG Roll
Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies
French Fries Mixed Vegetables Featured Fruit Choice of Milk	Seasoned rice w/ Black Beans Garbonzo Bean Salad Featured Fruit Choice of Milk	Golden Corn Mashed Potatoes w/gravy Featured Fruit Choice of Milk	Glazed Carrots Italian Side Salad Featured Fruit Choice of Milk	Cheesy Broccoli Tater Tots Featured Fruit Choice of Milk

May-15	May-16	May-17	May-18	May-19
--------	--------	--------	--------	--------

PASTA BAR/FARMHOUSE SALAD/MAC & CHEESE PIZZA
SANDWICH SPECIAL-BBQ CHICKEN CHEDDAR SANDWICH

Entrée	Entrée	Entrée	Entrée	Entrée
Chicken Parmesan Sandwich on WG Roll	Walking Taco	BBQ Ribby Sandwich	Toasted 3 Cheese Sandwich	Rodeo Burger on WG Bun
Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies
French Fries Baked Beans Featured Fruit Choice of Milk	Spanish Rice Mexican Corn Featured Fruit Choice of Milk	Buttered Noodles Cheesy Cauliflower Featured Fruit Choice of Milk	Fries Tomato Soup Featured Fruit Choice of Milk	Glazed Carrots Parsley Buttered Potatoes Featured Fruit Choice of Milk

May-22	May-23	May-24	May-25	May-26
--------	--------	--------	--------	--------

ASIAN BAR/STEAK SALAD/BACON CHICKEN RANCH PIZZA
SANDWICH SPECIAL-TURKEY BACON MELT PANINI

Entrée	Entrée	Entrée	Entrée	Entrée
Hot Dog on WG Bun	Tot Chos w/Taco Meat & Cheese Sauce over Tots	Chef's Choice	Pasta w/ Meatsauce & WG Roll	Bagged Lunch-Turkey
Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies
French Fries Green Beans Featured Fruit Choice of Milk	Cheesy Broccoli Cucumbers Featured Fruit Choice of Milk	Black Beans Featured Fruit Choice of Milk	Glazed Carrots Italian Side Salad Featured Fruit Choice of Milk	Bagged Carrots Bag Apple Slices Bagged Snack Choice of Milk

May-29	May-30	May-31	June-1	June-2
--------	--------	--------	--------	--------

NO SCHOOL **Entrée** **Entrée** **Entrée** **NO SCHOOL**

	Bagged Lunch-Ham	Manwich & Cheese Sauce over Tots	Bagged Lunch-Turkey	
	Bagged Carrots Bag Apple Slices Bagged Snack Choice of Milk	Featured Veggies Tater Tots Steamed Peas Featured Fruit Choice of Milk	Bagged Carrots Bag Apple Slices Bagged Snack Choice of Milk	

HAVE A GREAT SUMMER !!!!

