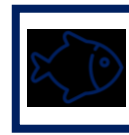


February 2019 Menu

Lincoln Middle



Al a carte Items

Salad Bar:

- Fresh Seasonal Vegetables
- Fresh Seasonal Fruit
- Chocolate Pudding
- Vanilla Pudding
- Cottage Cheese
- Hard Boiled Eggs
- Mixed Salad Greens
- Ranch Dressing
- Caesar Dressing
- Balsamic Vinaigrette Dressing
- Croutons
- Parmesan Cheese

Grill:

- Curly Seasoned Fries
- Cheeseburger
- Hamburger
- Bosco Sticks
- Marinara Sauce
- Breaded Chicken Sandwich
- Pretzel
- Churro

Crust:

- Peperoni Pizza
- Cheese Pizza
- Sausage Pizza

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7	8
BBQ Boneless wings with Fries 	Meatball Sub with Chips 	Quest Plate (Chicken Tenders, Corn and Mashed Potatoes) 	Baked Mac'N'Chz with Staemed Carrots 	Waffles with Cheesy HashBrowns
Pasta Bar 	Burrito Bar 	Boneless Wing Bar 	Burger Bar 	Nacho Bar
11	12	13	14	15
Mini Chicken Corndogs with Broccoli 	Chicken Patty Sandwich (Spicy/Regular) With Fries 	Beef Tacos With Rice 	Cheeseburger Casserole with Dill Pickle Spears 	French Toast Sticks with Cheesy Hashbrowns
Pasta Bar 	Burrito Bar 	Boneless Wing Bar 	Burger Bar 	Nacho Bar

ALLERGENS: =Dairy | =Egg | =Gluten | =Peanuts | =Seafood | =Shellfish | =Soy | =Tree Nuts

February 2019 Menu Lincoln Middle



Al a carte Items continued

Crave:

Choc Chunk Muffin

Blueberry Muffin

Brownies

Cinnamon Rolls

Cookie

Yogurt Parfait

Pudding Parfait

Monday	Tuesday	Wednesday	Thursday	Friday
<p>18</p> <p>Presidents Day No School</p>	<p>19</p> <p>Pulled Pork Sandwich with Corn </p> <p>Burrito Bar </p>	<p>20</p> <p>Quest Plate (Chicken Tenders, Mashed Potatoes & Corn) </p> <p>Boneless Wing Bar </p>	<p>21</p> <p>Chili Mac with Mixed Vegetables </p> <p>Burger Bar </p>	<p>25</p> <p>Waffles with Cheesy HashBrowns </p> <p>Nacho Bar </p>
<p>25</p> <p>All Beef Hot Dog with Corn </p> <p>Pasta Bar </p>	<p>26</p> <p>Chicken Parmesan with Noodles </p> <p>Burrito Bar </p>	<p>37</p> <p>Sloppy Joes with Chips </p> <p>Boneless Wing Bar </p>	<p>28</p> <p>Chicken Tacos with Rice </p> <p>Burger Bar </p>	

ALLERGENS: =Dairy | =Egg | =Gluten | =Peanuts | =Seafood | =Shellfish | =Soy | =Tree Nuts

If you have questions or comments, please email Lindsey Borchers at: lborchers@d64.org .

For nutritional information please visit: questfmsnutrition.com

Menu changes may be necessary at times, please note nutritional needs will be assessed when making substitutions!