

September 2019 Menu

Lincoln Middle



All 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

Salads:

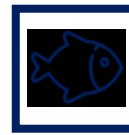
- Caesar Salad

Monday	Tuesday	Wednesday	Thursday	Friday
<p>LABOR DAY No School in Attendance</p>	<p>3</p> <p>Quest Plate (Chicken Tenders, mashed potatoes, gravy and corn) </p> <p>Burrito Bar </p>	<p>4</p> <p>Gyros in pita Cucumbers </p> <p>Boneless Wing Bar </p>	<p>5</p> <p>Chicken Nuggets with Baked Fries </p> <p>Burger Bar </p>	<p>6</p> <p>French Toast and Hashbrown </p> <p>Nacho Bar </p>
<p>9</p> <p>BLT Wrap with Baked Fries </p> <p>Pasta bar </p>	<p>10</p> <p>Sloppy Joes with Chips </p> <p>Burrito Bar </p>	<p>11</p> <p>Teriyaki Chicken and Fried Rice </p> <p>Boneless Wing Bar </p>	<p>12</p> <p>Chicken Tacos with Corn </p> <p>Burger Bar </p>	<p>13</p> <p>Waffles with Hashbrown </p> <p>Nacho Bar </p>
<p>16</p> <p>BBQ Rib Sanwich with Chips </p> <p>Pasta Bar </p>	<p>17</p> <p>Chicken Corn Dogs with Veggies </p> <p>Burrito Bar </p>	<p>18</p> <p>Cheeseburger Wrap with Baked Fries </p> <p>Boneless Wing Bar </p>	<p>19</p> <p>Homemade Meatloaf with Mashed Potatoes </p> <p>Burger Bar </p>	<p>20</p> <p>French Toast with Hashbrown </p> <p>Nacho Bar </p>

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

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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>23</p> <p>Filet of Fish Sandwich with Baked Fries    </p> <p>Pasta Bar    </p>	<p>24</p> <p>Greek Lasagna with Peas    </p> <p>Burrito Bar    </p>	<p>25</p> <p>Chicken Parmesan with Noodles    </p> <p>Boneless Wing Bar    </p>	<p>26</p> <p>Quest Plate (Chicken Tenders, mashed potatoes, gravy and corn)    </p> <p>Burger Bar    </p>	<p>27</p> <p>Waffles and Hashbrown    </p> <p>Nacho Bar    </p>
<p>30</p> <p>Italian Beef with Veggies </p> <p>Pasta Bar    </p>				

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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!