

# September 2019

# Lincoln K-8

# LUNCH MENU

## Lunch Prices

Kindergarten	\$2.35
Student	\$2.35
Adult	\$3.75
Reduced	No Charge
Milk Carton	\$0.45
Month	\$47.00

\*Indicates item may contain pork.

Cold Deli Sandwich (35g) and Meatless Option are available daily

Underlined Items and Ala Carte Items only available to Grades 6-8. Ala Carte menu is available online.

Meatless options located in the shaded areas on the menu.

### Allergy Information:

This menu may contain one or more of the following ingredients: milk, eggs, peanuts, soybeans, tree nuts, and wheat.

The planned lunch meal provides 600-650 calories, <10% saturated fat, and 0g trans fats!

~ Average gram (g) of carbohydrate  
Menu subject to change due to product availability and weather delays/cancellations.

This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School	3 Cheese Pizza~32g Mixed Vegetables~8g Celery Sticks~2g Pineapple Tidbits~16g	4 Boneless Chicken Wings~14g Sidewinder Fries~14g Fresh Broccoli~3g Fresh Strawberries~7g	5 Mini Corn Dogs~30g Oven Baked Beans~29g Fresh Baby Carrots~5g <b>Watermelon Wedge~11g</b>	6 French Toast Sticks~43g String Cheese~1g Breakfast Potatoes~15g Vegetable Fruit Juice~13g Blueberries~9g
	Cheese Pizza~32g	Wowbutter & Jelly Sandwich~74g	Wowbutter & Jelly Sandwich~74g	French Toast Sticks~43g
9 Mac & Cheese~26g <u>Spicy Breaded Chicken Drumstick~5g</u> Steamed Broccoli~3g Grape Tomatoes~4g Mandarin Oranges~21g	10 Walking Taco~30g Lettuce/Tomato Cup~2g Cheesy Refried Beans~25g Banana~23g	11 Chicken Tenders~12g Whole Grain Dinner Roll~20g <u>Big Daddy's Pizza~36g</u> <b>Corn on the Cob~16g</b> Sugar Snap Peas~5g <b>Fresh Cantaloupe~7g</b>	12 Chicken Alfredo~25g Garlic Breadstick~15g Green Peas~11g Salad Greens~2g <b>Watermelon Chunks~6g</b>	13 Cheesy Breadsticks~30g w/Pizza Sauce~7g <u>Boneless Chicken Wings~17g</u> Riviera Vegetable Blend~3g Fresh Jicama Sticks~5g Applesauce~15g
Mac & Cheese~26g	Peaches 'n Cream Yogurt Parfait~66g	Peaches 'n Cream Yogurt Parfait~66g	Peaches 'n Cream Yogurt Parfait~66g	Cheesy Breadsticks~30g
16 Mini Pancakes~26g w/Syrup~20g <u>Breakfast Quesadilla~18g</u> Chicken Sausage Links~0g Breakfast Potatoes~15g Fresh Orange Wedges~15g	17 Orange Chicken~42g Brown Rice~25g Peas & Carrots~8g Fresh Broccoli~3g Fresh Grapes~8g	18 <b>National Cheeseburger Day!</b> Cheeseburger on a Bun~32g <u>Mini Corn Dogs~30g</u> Oven Baked Beans~29g Red Pepper Strips~7g Fresh Nectarine~14g	19 Breaded Chicken Drumstick~5g Whole Grain Biscuit~14g Mashed Potatoes w/Gravy~21g <b>Cucumber Slices~2g</b> Fresh Apple Slices~13g	20 Mini Cheese Pizza Bagels~18g <u>Spicy Chicken Sandwich~48g</u> Green Beans~3g Fresh Baby Carrots~5g Chilled Peaches~14g
MYO Wowbutter & Jelly Flatbread~67g	MYO Wowbutter & Jelly Flatbread~67g	MYO Wowbutter & Jelly Flatbread~67g	MYO Wowbutter & Jelly Flatbread~67g	Mini Cheese Pizza Bagels~18g
23 Breaded Chicken Sandwich~40g <u>Cheeseburger~32g</u> Crinkle Cut Fries~15g Celery Sticks~2g Cinnamon Applesauce~15g	24 Beef and Cheese Nachos~33g Lettuce/Tomato Cup~3g Cheesy Refried Beans~25g Fresh Peach~14g	25 Turkey Pepperoni Calzone~29g <u>Chicken Tenders~18g</u> <b>Corn on the Cob~16g</b> <b>Kohlrabi Sticks~4g</b> Fresh Strawberries~7g	26 Beef Hot Dog on Bun~32g <b>Roasted Acorn Squash~15g</b> Fresh Broccoli~3g <b>Local Apple Slices~13g</b>	27 Egg & Cheese Omelet~1g Whole Grain Muffin~27g *Pizza Filled Breadsticks~60g Potato Smiles~20g Vegetable Selection Chilled Pears~15g
Protein Powerpack~45g	Protein Powerpack~45g	Protein Powerpack~45g	Protein Powerpack~45g	Egg & Cheese Omelet~1g
30 Spaghetti & Meatballs~29g Garlic Toast~14g <u>French Bread Pizza w/Pizza Sauce~28g</u> Steamed Cauliflower~2g Salad Greens~2g Fresh Plum~7g				
Wowbutter & Jelly Sandwich~74g				

September is Farm to School Month. **Bolded items** are regionally sourced!

# September 2019

# Lincoln K-8 BREAKFAST MENU

### Breakfast Prices

**Kindergarten** No Charge  
**Student** \$1.25  
**Adult** \$1.80  
**Reduced** No Charge  
**Milk Carton** \$0.45  
**Month** \$25.00

\*Students who elect to bring a meal from home and who would like to have milk with their meal are able to purchase milk at school. Meal benefits DO NOT apply.

### Allergy Information:

This menu may contain one or more of the following ingredients: milk, eggs, peanuts, soybeans, tree nuts, and wheat.

**The planned breakfast meal provides 350-500 calories, <10% saturated fat, and 0g trans fats!**

~ Average gram (g) of carbohydrate  
 Menu subject to change due to product availability and weather delays/cancellations.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  No School	3  Oatmeal Chocolate Chip Bar~24g Fruit & Milk~28g	4  Egg & Cheese Sandwich~24g Fruit & Milk~28g	5  Mini Maple Pancakes~35g Fruit & Milk~28g	6  Whole Grain Muffin Top~33g Fruit & Milk~28g
9  Pumpkin Breakfast Bread~43g Fruit & Milk~28g	10  Mini Apple Breakfast Bites~41g Fruit & Milk~28g	11  Mini French Toast~35g Fruit & Milk~28g	12  Egg & Cheese Wrap~14g Fruit & Milk~28g	13  Triple Cherry Yogurt~15g w/Graham Crackers~17g Fruit & Milk~28g
16  Brekkie~27g Fruit & Milk~28g	17  Soft Filled Cinnamon Bar~40g Fruit & Milk~28g	18  Blueberry Snackbread~33g Fruit & Milk~28g	19  Mini Maple Waffles~35g Fruit & Milk~28g	20  Cherry Frudel~37g Fruit & Milk~28g
23  Chocolate Chip Banana Bread~34g Fruit & Milk~28g	24  Waffle & Chicken Sausage Sandwich~14g Fruit & Milk~28g	25  Whole Grain Muffin Top~33g Fruit & Milk~28g	26  Confetti Pancakes~36g Fruit & Milk~28g	27  French Toast Sticks~38g Fruit & Milk~28g
30  Birthday Cake Zee Zee Bar~24g Fruit & Milk~28g				

For information on allergies or menu questions, please contact: **Kayla Timmerman RD** • Student Nutrition Services Dietitian • Edison Building • 507.328.4250 • katimmerman@rochester.k12.mn.us