

Breakfast Menu

Breakfast is served daily at the
End Zone & The Huddle

At breakfast, each student will be provided with the required 1/2 cup serving of fruit and/or vegetable along with the entrée of their choice.

◆ *Indicates meatless entrée*

MONDAY

- Bean & Cheese Breakfast Burrito ◆
- Honey Wheat Bar ◆
- Assorted Cereal ◆

TUESDAY

- Mini Maple Waffles ◆
- Cinnamon Bun ◆
- Assorted Cereal ◆

WEDNESDAY

- Breakfast Pizza Bagel
- Assorted Muffins ◆
- Assorted Cereal ◆

THURSDAY

- Pork Sausage & Cheese Breakfast Sandwich
- Cinnamon Bun ◆
- Assorted Cereal ◆

FRIDAY

- Turkey Sausage Breakfast Pizza
- Super Donut ◆
- Assorted Cereal ◆

About School Meals

School meals must meet the following nutrient standards over the course of the week for grades 9 thru 12:

Minimum Of The Recommended Dietary Allowances or RDA

BREAKFAST

Calories 450—600
1/4 of the RDA for:

Protein

Calcium

Iron

Vitamin A

Vitamin C

LUNCH

Calories 750—850
1/3 of the RDA for:

Protein

Calcium

Iron

Vitamin A

Vitamin C

Maximums For Breakfast And Lunch For The Following:

No more than 30% calories from fat.
No More than 10% calories from saturated fat.



2022 - 2023

Breakfast & Lunch Menus

Meals Available At The End Zone The Huddle Breakfast & Lunch Carts

Free and Reduced-Price Meal Program

This school year, the USDA has given approval for schools to offer breakfast & lunch meals **FREE** to all students! This is a wonderful opportunity for students to explore the meals Child Nutrition Service staff have prepared for them.

For more information about school meals contact us at:
Child Nutrition Services
6225 Harrisburg Place, Suite A
Phone: 209-953-8655

Breakfast is the most important meal of the day

Children who eat breakfast show an increased ability to learn, better academic performance, and may have a decreased risk of being overweight. Good nutrition helps you perform to your highest potential.

It's a healthy way to start your day!

School Lunch Menu

Available at the End Zone & Huddle

Mondays

Spicy Chicken Sandwich

w/Seasoned Potato Wedges OR Chips

Honey BBQ Beef Rib on a Bun

Served w/Chips

Ranch Chicken Salad

w/Croutons

WowButter & Jelly Sandwich ♦

Served w/Chips

Nachos ♦

Pizza

Tuesdays

Buffalo Chicken

w/Seasoned Potato Wedges & Roll

Cheeseburger on a Bun

w/Seasoned Potato Wedges OR Chips

Spicy Chicken Wrap

Served w/Chips

Turkey Ham & Cheese Sandwich

Served w/Chips

Garden Salad ♦

w/Croutons

Nachos ♦

Pizza

Wednesdays

Spicy Chicken Sandwich

w/Seasoned Potato Wedges OR Chips

Chicken Salsa Verde Burrito

Bean & Cheese Burrito ♦

Chicken Tamale

Nachos ♦

Pizza

With every meal you have a choice of 1/2 pint
low-fat or non fat white milk
or 1/2 pint non fat chocolate milk.

Baked Fresh Daily! Big Daddy's Pizza



Pepperoni & Cheese ♦

The Return of the Salad Bar!

**Offering a variety of fresh fruits &
vegetables to choose from.**

All grains are whole grains except white rice

Thursdays

Sichuan Chicken & Rice

Sweet Chili Thai Chicken & Rice

Cheeseburger on a Bun

w/Seasoned Potato Wedges OR Chips

Ranch Chicken Salad

w/Croutons

Nachos ♦

Pizza

Fridays

Spicy Chicken Sandwich

Served w/Seasoned Potato Wedges OR Chips

Bean & Cheese Burrito ♦

Corn Dog

Turkey Ham & Cheese

On a Croissant

Served w/Chips

Nachos ♦

Pizza

Menu subject to change based on product availability

Welcome Back Lincoln Families!

As we return to school, all of us in Child Nutrition Services want you to know we are looking forward to continuing to provide nutritious and delicious meals to your students. We are very excited to be able to utilize our salad bars once again! This gives us the opportunity to offer a variety of fresh fruits & vegetables to choose from.

School cafeterias will continue to meet all State & Federal nutrition standards for school meals. Now is a great time to encourage your children to choose school breakfast and lunch!

School meals offer students milk, fruits, vegetables, proteins and grains. They must meet strict limits on saturated fat, sodium and calories. In school year 2022/23 school breakfast & lunch will continue to meet standards requiring:

- * Age appropriate calorie limits
- * Fat-free or 1% milk (flavored milk must be fat-free)
- * A wide variety of fruits and vegetables
- * Whole grain products

Be sure to check often for daily specials throughout the school year!

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Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

- 1. mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
- 2. fax:**
(833) 256-1665 or (202) 690-7442; or
- 3. email:**
program.intake@usda.gov

This institution is an equal opportunity provider.