

LINCOLN HEIGHTS MIDDLE SCHOOL

SEPTEMBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 LABOR DAY	2 BREAKFAST YOGURT PARFAIT W/ SCOOBY STIX LUNCH 1-POPCORN CHICKEN 2-SALSBURY STEAK 3-PIZZA MASHED POTATOES GREEN BEANS ROLL	3 BREAKFAST SAUSAGE BISCUIT LUNCH 1-ORANGE CHICKEN 2-BEEF DUNKERS 3-PIZZA FRIED RICE SWEET CARROTS STEAMED BROCCOLI	4 BREAKFAST BREAKFAST PIZZA LUNCH 1-FISH/ HUSHPUPIES 2-CORN DOG MINIS OR CORN DOG 3-PIZZA MAC & CHEESE PINTO BEANS COLESLAW	5 BREAKFAST CHICKEN BISCUIT LUNCH 1-CHEESE PIZZA 2-PB&J W/CHEESESTICK SMILEY FRIES FRESH VEGGIES NATIONAL CHEESE PIZZA DAY
8 BREAKFAST MUFFINS LUNCH 1-POPCORN CHICKEN BASKET W/ FRIES & TEXAS TOAST 2-PULLED BBQ PORK BASKET W/ FRIES & TEXAS TOAST 3-PBJ & CHEESESTICK W/ FRIES	9 BREAKFAST BISCUIT & GRAVY LUNCH 1-MEXI TOTS 2-SOFT SHELL TACO 3-PBJ & CHEESESTICK CORN FIESTA BEANS	10 BREAKFAST CINNAMON ROLL LUNCH 1-CHEESEBURGER 2-ROASTED HOT DOG 3-PBJ & CHEESESTICK FRIES BAKED BEANS TOPPINGS: LETTUCE, TOMATO, ONION, PICKLES NATIONAL HOT DOG DAY	11 BREAKFAST BREAKFAST BAGEL LUNCH 1-PIZZA 2-TURKEY WRAP 3-PBJ & CHEESESTICK CHIPS FRESH VEGGIES	12 BREAKFAST SAUSAGE BISCUIT LUNCH 1-MAX CHEESE STICKS W/ MARINARA SAUCE 2-BBQ GRILLED CHICKEN SANDWICH 3-PBJ & CHEESESTICK BROCCOLI
15 BREAKFAST SNACK'N WAFFLE LUNCH 1-CHEESE QUESADILLA 2-POPCORN CHICKEN 3-PIZZA GREEN BEANS	16 BREAKFAST BREAKFAST PIZZA LUNCH BREAKFAST FOR LUNCH 1-SAUSAGE W/ SCRAMBLED EGGS 2-BREAKFAST CHICKEN W/ SCRAMBLED EGGS TOTS GRAVY BISCUIT BAKED APPLES	17 BREAKFAST BREAKFAST BURRITO LUNCH 1-CHICKEN NACHOS 2-BEEF NACHOS 3-PIZZA CORN FIESTA BEANS	18 BREAKFAST MUFFINS LUNCH 1-CHEESEBURGER 2-ROASTED HOT DOG 3-PIZZA FRIES TOPPINGS: LETTUCE, TOMATO, ONION, PICKLES NATIONAL CHEESEBURGER DAY	19 BREAKFAST SAUSAGE BISCUIT LUNCH 1-FISH STICKS W/ HUSHPUPIES 2-CORN DOG MINIS OR CORN DOG 3-PASTA BAR MAC & CHEESE PINTO BEANS COLESLAW
22 BREAKFAST BREAKFAST BAGEL LUNCH 1-BEEF DIPPERS 2-POPCORN CHICKEN 3-PIZZA BAR MASHED POTATOES GREEN BEANS ROLL	23 BREAKFAST SAUSAGE BISCUIT LUNCH 1-PIZZA 2-PB&J W/ CHEESESTICK CHIPS FRESH VEGGIES	24 BREAKFAST FRUIT YOGURT PARFAIT W/ SCOOBY STICKS LUNCH 1-HAM ROLLUP 2-TURKEY WRAP 3-PIZZA BAR CHIPS FRESH VEGGIES	25 BREAKFAST MUFFINS LUNCH 1-SOFT SHELL TACO 2-CHEESE QUESADILLA 3-PIZZA BAR CORN FIESTA BEANS CHURRO NATIONAL QUESADILLA DAY	26 STAFF PD DAY NO SCHOOL FOR STUDENTS
29 BREAKFAST CINNAMON ROLL LUNCH 1-FISH STICKS W/ HUSHPUPIES 2-CORN DOG MINIS 3-PBJ & CHEESESTICK BAKED BEANS MAC & CHEESE COLESLAW	30 BREAKFAST DUTCH WAFFLE TOPPED W/ STRAWBERRIES LUNCH 1-BAKED SPAGHETTI 2-POPCORN CHICKEN 3-PBJ & CHEESESTICK GARLIC BUTTER ROLL STEAMED BROCCOLI FRESH VEGGIES			

NEWS

BREAKFAST WILL OFFER CEREAL, POPTART, FRUIT, JUICE AND MILK DAILY

CHOOSE ONE ENTRÉE FOR LUNCH. EACH TRAY MUST HAVE A FRUIT OR VEG AND AT LEAST TWO OTHER ITEMS TO BE CONSIDERED A MEAL.

FRESH FRUIT OFFERED DAILY.

MEALS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

FRESH VEGGIES OFFERED DAILY CONSISTS OF CARROTS, BROCCOLI, TOMATOES, ROMAINE, CUCUMBERS