



# Lincoln Community School Lunch Menu

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# April 2017

Join us on Fridays for our Early Bird Breakfast at 7:30 before Assembly!

| Monday   |   | Tuesday  |  | Wednesday   |  | Thursday   |  | Friday   |   | Contact us at:<br>453-2119  |
|--|---|--|--|---|--|--|--|--|---|---|
| <b>3</b><br><b>Macaroni and Cabot Cheddar Cheese</b><br>Baked Beans<br>Honey Glazed Carrots<br><br>FRESH FRUIT & VEGGIE BAR  |   | <b>4</b><br><b>Meatloaf Cupcakes with Mashed Potato Frosting</b><br>Broccoli Spears<br>Cornbread<br><br>FRESH FRUIT & VEGGIE BAR                         |  | <b>5</b><br><b>BBQ Chicken Sandwich on a WW Bun</b><br>Creamy Coleslaw<br>Roasted Sweet Potato<br><br>FRESH FRUIT & VEGGIE BAR                        |  | <b>6</b><br><b>Meat or Veggie Lasagna</b><br>Caesar Salad<br>Dinner Rolls<br><br>FRESH FRUIT & VEGGIE BAR                                  |  | <b>7</b><br><b>Chicken Fajita on WW Tortilla</b><br>Grilled Peppers & Onions<br>Brown Rice and Beans<br><br>FRESH FRUIT & VEGGIE BAR                       |   | <br><b>ANESU<br/>Food Service<br/>Cooperative</b>  |
| <b>10 BRUNCH FOR LUNCH</b><br><b>Veggie Frittata</b><br>Sweet Potato Pancakes<br>With VT Maple Syrup<br>Home Fries<br>Steamed Broccoli<br>FRESH FRUIT & VEGGIE BAR |   | <b>11 TACO TUESDAY</b><br><b>Smith Family Farm Beef or Bean Taco</b><br>Lettuce/Tomato/Cheese<br>Brown Rice<br>Mexican Beans<br>FRESH FRUIT & VEGGIE BAR |  | <b>12</b><br><b>Cheesy Whole Grain Breadsticks</b><br>w/ Marinara<br>Strawberry Spinach Salad<br>Roasted Cauliflower<br>FRESH FRUIT & VEGGIE BAR      |  | <b>13</b><br><b>Rotini with Meat or Cheese Sauce</b><br>Roasted Carrots<br>Green Beans<br>Garlic Bread<br>FRESH FRUIT & VEGGIE BAR         |  | <b>14</b><br><b>Ham &amp; Cheese or Cheese &amp; Tomato Melt</b><br><b>Squash Apple Bisque</b><br>Dilly Cucumber & Apple Salad<br>FRESH FRUIT & VEGGIE BAR |   |   |
| <b>17</b><br><b>Meatball Subs w/ Mozzarella or Falafel w/ Tzatziki (yogurt sauce) on WW bun</b><br>Caesar Salad<br>Tender Sweet Peas<br>FRESH FRUIT & VEGGIE BAR   |   | <b>18</b><br><b>Homemade Chicken &amp; Biscuits</b><br>w/ Seasonal Veggies<br>Buttery Green Beans<br><br>FRESH FRUIT & VEGGIE BAR                        |  | <b>19</b><br><b>Chicken Tenders w/ BBQ Dipping Sauce</b><br>Cheesy Corn Bread<br>Baked Beans<br>Roasted Potato Wedges<br><br>FRESH FRUIT & VEGGIE BAR |  | <b>20</b><br><b>Hamburger, Cheeseburger, Veggie Burger</b><br>Lettuce, Tomato, Onion<br>Sweet Potato Fries<br><br>FRESH FRUIT & VEGGIE BAR |  | <b>21</b><br><b>Baked Potato Hearty Chili</b><br>Cheddar Cheese<br>Spinach Salad<br>Oatmeal Cookie<br><br>FRESH FRUIT & VEGGIE BAR                         |   | <u>Meal Prices</u><br>Breakfast \$1.25<br>Lunch \$2.50<br>Adults \$5.00<br><b>Free and Reduced</b><br><b>NO CHARGE for meals</b><br><b>MILK ONLY - \$.50</b><br>(not included as part of the Free & Red. Meals Program) |
| <b>24</b><br>No School!<br>Spring Break  |   | <b>25</b><br>No School!<br>Spring Break  |  | <b>26</b><br>No School!<br>Spring Break   |  | <b>27</b><br>No School!<br>Spring Break  |  | <b>28</b><br>No School!<br>Spring Break  |   | This institution is an equal opportunity provider.  |
| <b>BREAKFAST</b>   | <b>Monday</b><br>Whole Wheat Pretzel with Fruit/Yogurt Smoothie | <b>Tuesday</b><br>Breakfast Sandwich or Wrap with Fruit  | <b>Wednesday</b><br>Homemade Granola and Yogurt Parfait with Fruit | <b>Thursday</b><br>Homemade Baked Good with Fruit   | <b>Friday</b><br>Hot or Cold Cereal, Cheese Stick with Fruit | <b>ALTERNATE MEAL</b><br>◆◆◆<br><b>Bagel &amp; Cream Cheese w/ a cheese stick</b>  |  |  | <b>Go to</b><br><a href="http://www.myschoolbucks.com">www.myschoolbucks.com</a><br>to prepay for school meals<br><br>VISIT OUR WEBSITE AT:<br><a href="http://www.anesunutrition.com">www.anesunutrition.com</a> |   |