



VISIT: www.mausd-anwsdnutrition.com

FEBRUARY 2020

Lincoln Community School



Erika Revell, Manager
Bonnie Rathbun, Assistant

Monday

Chicken Alfredo Pasta **3**
Or
Pasta Alfredo
Tender Sweet Peas
Sweet Potato Half
WW Dinner Roll
Fresh Fruit and Veggie Bar
Milk

Macaroni and Cabot Cheese **10**
Broccoli
Roasted Carrot
Garlic Bread Stick
Fresh Fruit and Veggie Bar
Milk

NO SCHOOL **17**
FEBRUARY RECESS

WW Rotini with **24**
Meat Sauce or Marinara
Cottage Cheese
Garlic Bread
Tender Sweet Peas
Fresh Fruit and Veggie Bar
Milk

Tuesday

MAKE YOUR OWN **4**
Fajita Wrap with
Seasoned Chicken or Beans
On WW 8" Tortilla
Choose: Cheese, Peppers & Onion,
Sour Cream, Salsa
Rice Corn
Fresh Fruit and Veggie Bar Milk

Quesadillas **11**
Chicken and Cheese
Chili Roasted Chick Peas
Sour Cream Salsa
Rice
Corn
Fresh Fruit and Veggie Bar
Milk

NO SCHOOL **18**
FEBRUARY RECESS

TACO TUESDAY **25**
Beef or Bean Tacos
Cornbread
Refried Beans
Corn
Salsa Sour Cream
Fresh Fruit and Veggie Bar
Milk

Wednesday

EARLY RELEASE DAY **5**
WG Soft Pretzel
Cheddar Cheese Square
Carrot Sticks and Pepper Strips
4 oz. Yogurt
Ranch Dip
Apple
Milk

PIZZA DAY **12**
Cheese, Pepperoni,
Ham & Pineapple
Caesar Salad with Croutons
Fresh Fruit and Veggie Bar
Milk

NO SCHOOL **19**
FEBRUARY RECESS

Chicken or Tofu Tenders **26**
With BBQ Sauce
Brown Rice Pilaf
Caesar Salad
Roasted Sweet Potato Wedges
Fresh Fruit and Veggie Bar
Milk

Thursday

Sloppy Joe **6**
Or
Black Bean Burger
On WG Bun
Roasted Zucchini
Chick Pea Salad
Fresh Fruit and Veggie Bar
Milk

Meaty Shepherd's Pie **13**
With Mashed Potatoes
WG Biscuit
Buttery Green Beans
Fresh Fruit and Veggie Bar
Milk

NO SCHOOL **20**
FEBRUARY RECESS

Local Beef **27**
Meatloaf
Mashed Potatoes
Broccoli
WG Biscuit
Fresh Fruit and Veggie Bar
Milk

Friday

Fish and Chips **7**
Breaded Fish Sticks
Roasted Potato Wedges
Baked Beans
Tossed Salad
Homemade Muffin
Fresh Fruit and Veggie Bar
Milk

Breakfast For Lunch **14**
Strawberry Smoothie
Scrambled Eggs
Waffle Sticks with Syrup
Heart Beet Salad
Fresh Fruit and Veggie Bar
Milk

NO SCHOOL **21**
FEBRUARY RECESS

Turkey Sandwich **28**
With Cheese and Lettuce
Broccoli Cheddar Soup
Chick Pea Salad
Fresh Fruit and Veggie Bar
Milk



PRICES
Breakfast - \$1.50
Paid Lunch \$2.85
Reduced and Free Lunch - FREE
Milk w/o a meal - \$.65
Adult Breakfast \$2.50 Adult Lunch \$5.00
**Please pay for meals in advance or
apply for Free meals**

MY SCHOOL BUCKS **PAY FOR MEALS ONLINE**
MySchoolBucks.com

This institution is an equal opportunity provider.

