

**MEALS ARE FREE FOR ALL STUDENTS**

Lincoln Community School

**Monday**

**3**  
 Cheese Ravioli  
 With Marinara Sauce  
 Steamed Broccoli  
 Fruit  
 milk

**10**  
 Cabot Macaroni and Cheese  
 Roasted Carrots  
 Dinner Roll  
 Fruit  
 Milk

**17**  
 Rotini with Meat Sauce  
 Or Marinara Sauce  
 Parmesan Cheese  
 Garlic Bread  
 Buttery Peas  
 Fruit  
 Milk

**24**  
 General Tso's  
 Chicken Or Tofu  
 Brown Rice  
 Broccoli  
 Fruit  
 Milk

**31**  
 MEMORIAL DAY  
 NO SCHOOL

**Tuesday**

**4**  
 Shepherd's Pie  
 With Mashed Potato & Corn  
 WG Dinner Roll  
 Green Beans  
 Fruit  
 Milk

**11**  
 Mexican Beef or Bean  
 Burrito  
 Brown Rice  
 Corn  
 Fruit  
 Milk

**18**  
 Cheese Quesadilla  
 Rice  
 Mexican Corn and Black Beans  
 Salsa  
 Fruit  
 Milk

**25**  
 Sloppy Joes  
 Or Lentil Sloppy Joes  
 On WG Bun  
 Corn  
 Fruit  
 Milk

**Wednesday**

**5**  
 Early Release Day  
 Turkey & Cheese Sandwich  
 Or Hummus and Veggie Wrap  
 Carrot Sticks  
 Sunchips  
 Fruit  
 Milk

**12**  
 PIZZA DAY  
 Cheese, Pepperoni or  
 Chef Special Pizza  
 Sweet Potato Wedges  
 Fruit  
 Milk

**19**  
 Crispy Chicken Tenders  
 With BBQ Sauce  
 Cornbread  
 Broccoli  
 Fruit  
 Milk

**26**  
 PIZZA DAY  
 Cheese, Pepperoni or  
 Chef Special Pizza  
 Sweet Potato Wedges  
 Fruit  
 Milk

**Thursday**

**6**  
 Crispy Chicken Filet  
 With WG Waffles  
 Maple Syrup  
 Corn  
 Fruit  
 Milk

**13**  
 Misty Knoll  
 Chicken Drumsticks  
 WG Biscuit  
 Green Beans  
 Fruit  
 Milk

**20**  
 Breakfast For Lunch  
 Cinnamon French Toast Sticks  
 Sausage Pattys  
 Or Boiled Egg(veg)  
 Roasted Sweet Potato Waffle Fries  
 Fruit  
 Milk

**27**  
 Hearty Homemade  
 Chicken & Biscuit  
 with Veggies  
 Green Beans  
 Fruit  
 Milk

**Friday**

**7**  
 Fish and Chips  
 Crispy Fish Sticks  
 w/ Tartar Sauce  
 Baked Potato Wedges  
 Peas and Carrots  
 Fruit  
 Milk

**14**  
 Grilled Cheese Sandwich  
 On WG Bread  
 Tomato Tortellini Soup  
 Fruit  
 Milk

**21**  
 Meatball with Tomato Sauce  
 Or  
 Roasted Peppers & Onion  
 Sub Sandwich on WG Roll  
 With Mozzarella Cheese  
 Green Beans  
 Fruit  
 Milk

**28**  
 Burger DAY  
 Hamburger, Cheeseburger  
 Or Veggie Burger  
 Baked French Fries  
 Pickles  
 Fruit  
 Milk

**Alternative Meal (Vegetarian):**
**Offered daily in addition to the main entrée.**

WG Bagel with Cream Cheese, 4 oz. Yogurt and 1 oz. Cheese Square, Veggie Sticks and Dip, Fruit, Milk