

# Lincoln County School District EVC, CVH & WHS



# October 2021 Lunch Menu



**Mon, Wed & Fri**  
Cheeseburger, Hamburger or Veggie Burger

**Tues & Thurs**  
Chicken Burger or Spicy Chicken Burger

All Hot Sandwiched Served w/Oven Baked French Fries or Tater Tots

**Weekly Pizza Choice (Secondary Daily, Elementary Once a Week)**

- Week 1 Pepperoni Pizza & Cheese (v)
- Week 2 Supreme Pizza & Cheese (v)
- Week 3 Pepperoni & Cheese (v)
- Week 4 Supreme & Veggie (v)

(v)=Vegetarian Option



**Daily Deli Specials:**

- Monday:** Ham & Cheese Sub
- Tuesday:** Crispy Chicken Salad
- Wednesday:** Chef Salad
- Thursday:** Tuna Salad Sandwich (local tuna)
- Friday:** Italian Sub Sandwich
- (All Salads Served with WG Roll)

## TRADITIONS

Lunch Includes: Selection of Canned and Fresh Fruit, Fresh Vegetables, Whole Grain Rich Breads, Protein, and Low-Fat & Fat-Free Milk

Students must choose 3 of 5 Meal Components 1 must be a ½ cup of fruit or veggie

<p><i>Part-time Kitchen Help Needed. Flexible Hours. Work while your kids are in school. Home before the kids get home.</i></p> <p><b>Help Wanted</b></p>				<p>4 Scratch Made Sloppy Joes on WG Bun w/Oven Baked Tater Tots Cookie Day!</p>
<p>4 Bean &amp; Cheese Burrito w/Salsa</p>	<p>5 Pork Posole w/Tortilla Chips</p>	<p>6 Hot Dog on WW Bun w/Potato Chips</p>	<p>7 Turkey Gravy over Mashed Potatoes w/WW Roll</p>	<p>8 No School Professional Development</p>
<p>11 Chicken Tot Cho's w/Twisted Rip Sticks</p>	<p>12 BBQ Chicken Sandwich on WG Bun</p>	<p>13 Cheesy Breadsticks (v) w/Tomato Soup</p>	<p>14 Spaghetti with Plant Based Sauce (v)</p>	<p>15 Oven Baked Corn Dog w/Tater Tots</p>
<p>18 Teriyaki Chicken Rice Bowl</p>	<p>19 Cheesy Breadsticks (v) w/Marinara</p>	<p>20 BBQ Pulled Pork Sandwich On a WG Bun</p>	<p>21 Homestyle Macaroni &amp; Cheese (v) w/side Corn</p>	<p>22 WG Pretzel w/Cheese Sauce</p>
<p>25 Meatball Sub w/Oven Baked Fries</p>	<p>26 Crispy Chicken Nuggets w/Fries</p>	<p>27 Oven Baked Corn Dog w/Tater Tots</p>	<p>28 Bean &amp; Cheese Nachos (v)</p>	<p>29 Scratch Made Sloppy Joes on WG Bun w/Oven Baked Tater Tots</p>

WW = Whole Wheat WG= Whole Grain



This institution is an equal opportunity provider

Menu Subject to Change

