

# Lincoln County School District High School Lunch Menu



# September 2022

## FAST TAKES

### Daily Deli Specials

- Monday:** Ham & Cheese Sub & Chef Salad
- Tuesday:** American Sub & Crispy Chicken Salad
- Wednesday:** Jalapeno Lime Chicken Wrap & SW Taco Salad w/Chips
- Thursday:** Spicy Italian Sub & Buffalo Chicken Salad
- Friday:** Tuna Sandwich, Hummus Veggie Box  
(All Salads Served with WG Roll, Except Taco Salad)

### Daily Pizza Choices

- Everyday:** Pepperoni & Cheese (v)
- Monday:** Veggie Pizza (v)
- Tuesday:** Meat Lovers Pizza
- Wednesday:** Cheesy Breadstick w/Marinara (v)
- Thursday:** Chicken Bruschetta Pizza
- Friday:** Hawaiian Pizza

## PIZZA

## GRILL

### Everyday Choice

- Cheeseburger, Hamburger
- Chicken Burger, Spicy Chicken Burger or Veggie Burger
- All Hot Sandwiched Served w/Oven Baked French Fries or Tater Tots

### SIDES OFFERED DAILY WITH LUNCH CHOICES

Locally Grown Seasonal Fresh Fruit and Vegetables, plus Apples, Oranges, Garden Salad Greens & Low Fat or Fat Free Milk

### Daily Specials

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

**Students must choose 3 of 5 components, one being 1/2 cup fruit or vegetable**

All Students Eat Breakfast & Lunch at No Charge

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<p>5 No School Labor Day</p>	<p>6 BBQ Pulled Pork Sandwich w/Potato Wedges</p>	<p>7 Taco Meat &amp; Cheese Nachos</p>	<p>8 Chicken Nuggets w/Oven Baked Fries &amp; WG Roll</p>	<p>9 Fish Po' Boy w/SW Slaw</p>
<p>12 BBQ Meatball Sub w/Chips</p>	<p>13 Mini Raviolis w/WG Roll (v)</p>	<p>14 Orange Chicken &amp; Rice Bowl</p>	<p>15 Home Style Macaroni &amp; Cheese (v)</p>	<p>16 Oven Baked Corndog w/Oven Baked Tots</p>
<p>19 Chicken Nuggets w/Oven Baked Fries &amp; WG Roll</p>	<p>20 Grilled Cheese Sandwich w/Tomato Soup (v)</p>	<p>21 Garden Noodle Bowl</p>	<p>22 Taco Meat &amp; Cheese Nachos</p>	<p>23 Scratch Made Sloppy Joes</p>
<p>26 Bean &amp; Cheese Burrito w/Salsa &amp; Sour Cream</p>	<p>27 Chicken Burrito Bowl</p>	<p>28 Pork Posole with Tortilla Chips</p>	<p>29 Turkey Gravy over Mashed Potatoes w/WG Roll</p>	<p>30 Fish &amp; Chips w/WG Roll</p>

This institution is an equal opportunity provider  
Menu Subject to Change

