

**Lincoln County  
School District  
CVH/WHS**



**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 (Secondary Daily, Elementary Once A Week)**

- 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



**GRILL**

**Everyday Choice**

(Elementary Option on Wednesdays Only)

**Cheeseburger, Hamburger**


**Chicken Burger, Spicy Chicken Burger or Veggie Burger**

(Elementary Chicken Burger Option on Fridays Only)

*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. <i>Students must choose 3 of 5 components, one being 1/2 cup fruit or vegetable</i> All Students Eat Breakfast & Lunch at No Charge			
 Start a ripple... Create a wave. It begins with YOU!			1	2
5 No School Labor Day	6 BBQ Pulled Pork Sandwich w/Potato Wedges	7 Taco Meat & Cheese Nachos	8 Chicken Nuggets w/Oven Baked Fries & WG Roll	9 Fish Po' Boy w/SW Slaw
12 BBQ Meatball Sub w/Chips	13 Mini Raviolis w/WG Roll (v)	14 Orange Chicken & Rice Bowl <i>Elementary: Cheesy Breadsticks w/Marinara</i>	15 Home Style Macaroni & Cheese (v)	16 Oven Baked Corndog w/Oven Baked Tots
19 Chicken Nuggets w/Oven Baked Fries & WG Roll	20 Grilled Cheese Sandwich w/Tomato Soup (v)	21 Garden Noodle Bowl	22 Taco Meat & Cheese Nachos	23 Scratch Made Sloppy Joes
26 Bean & Cheese Burrito w/Salsa & Sour Cream	27 Chicken Burrito Bowl	28 Pork Posole with Tortilla Chips <i>Elementary Cheesy Breadsticks w/Marinara</i>	29 Turkey Gravy over Mashed Potatoes w/WG Roll	30 Fish & Chips w/WG Roll

**This institution is an equal opportunity provider  
Menu Subject to Change**

