# LINCOLN COUNTY SCHOOLS

# SEPTEMBER

## BREAKFAST MENU



**Note:**

- All breakfasts are served with assorted fresh fruit, fruit juice, cereal, milk, and water.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | **1** Maple Snack'N Waffles | **2** Apple Nachos & Pop Tarts | **3** Specialty Waffles | **4** Honey Bun |
| **7** No School Labor Day | **8** Blueberry Snack'N Waffles | **9** Breakfast Fruit Crisp & Pop Tarts | **10** Cinnamon Toast Crunch French Toast | **11** Apple Fritter |
| **14** Breakfast Muffins | **15** Sausage Biscuit | **16** Peachy King Smoothie & Pop Tarts | **17** Mini Strawberry Filled Bagels | **18** Chicken Biscuit |
| **21** Super Donut | **22** Egg & Cheese Biscuit | **23** Sunshine Smoothie & Pop Tarts | **24** Cinnamon Toast Crunch Mini Bagels | **25** Specialty Bread Slice |
| **28** Powdered Donuts | **29** Maple Snack'N Waffles | **30** Apple Nachos & Pop Tarts | | |

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# SEPTEMBER

## PK-8 LUNCH MENU



**Note:**

- All lunches are served with assorted milk and water.
- Fresh salad bar is available Tuesday–Friday.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | **1**<br>Chicken Teriyaki<br>Fried Rice<br>Stir Fry Veggies<br>Egg Roll<br>Mandarin Oranges | **2**<br>Chicken Nuggets<br>Green Beans<br>Mashed Potatoes<br>Hot Roll<br>Apple | **3**<br>Breakfast for Lunch<br>Eggs & Bacon<br>Biscuit & Gravy<br>Potatoes<br>Hot Cinnamon Apples | **4**<br>French Bread Pizza<br>French Fries<br>Italian Veggies<br>Frozen Fruit Jooce Cup |
| **7**<br>No School<br>Labor Day | **8**<br>Tacos<br>Refried Beans<br>Chips & Salsa<br>Mixed Fresh Fruit | **9**<br>Chicken & Noodles<br>Honey Coin Carrots<br>Italian Veggies<br>Hot Roll<br>Fresh Grapes | **10**<br>Stomboli<br>Caesar Salad<br>Cucumber Slices<br>Peach Slices | **11**<br>Smart Pizza<br>Baked Beans<br>Sweet Potato Fries<br>Fresh Whole Fruit<br>Graham Cracker Snack |
| **14**<br>Hot Dog w/Chili<br>Baked Beans<br>Coleslaw<br>French Fries<br>Banana | **15**<br>Chicken Nachos<br>Spanish Rice<br>Corn & Salsa<br>Fruit Mix | **16**<br>Boneless Wings<br>Celery Sticks w/Ranch<br>Mashed Potatoes<br>Hot Roll<br>Fresh Strawberries | **17**<br>Spaghetti w/Meatballs<br>Caesar Salad<br>Honey Coin Carrots<br>Breadstick w/Cheese<br>Fresh Grapes | **18**<br>Stuffed Crust Pizza<br>Italian Veggies<br>Potato Wedges<br>Froot Jooce Cup |
| **21**<br>Pork BBQ Sandwich<br>Baked Beans<br>Coleslaw<br>Frech Fries<br>Fresh Grapes<br>Rice Krispie Treat | **22**<br>Beefy Nachos<br>Corn<br>Refried Beans<br>Salsa Cup<br>Fresh Strawberries | **23**<br>Chicken Alfredo<br>Broccoli Parmesan<br>Cheesy Bread<br>Peach Slices | **24**<br>Lasagna<br>Caesar Salad<br>Grape Tomatoes<br>Breadstick w/Cheese<br>Mandarin Oranges | **25**<br>Hand Tossed Pizza<br>Baby Carrots w/Ranch<br>Potato Wedges<br>Froot Jooce Cup<br>Graham Cracker Snacks |
| **28**<br>Grilled Cheese<br>Tomato Soup<br>French Fries<br>Apple Slices<br>Froot Jooce Cup | **29**<br>Chicken Quesadilla<br>Chips & Salsa<br>Corn & Refried Beans<br>Fruit Mix | **30**<br>Chicken & Waffles<br>Green Beans<br>Sweet Potato Casserole<br>Apple Crisp<br>Vanilla Ice Cream Cup | | |

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# LINCOLN COUNTY SCHOOLS

# SEPTEMBER

## LCHS MAIN LINE LUNCH MENU



**Note:**

- All lunches are served with assorted milk and water.
- Fresh salad bar is available daily.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | **1**<br>Chicken Teriyaki<br>Fried Rice<br>Stir Fry Veggies<br>Egg Roll<br>Mandarin Oranges | **2**<br>Chicken Nuggets<br>Green Beans<br>Mashed Potatoes<br>Hot Roll<br>Apple | **3**<br>Breakfast for Lunch<br>Eggs & Bacon<br>Biscuit & Gravy<br>Potatoes<br>Hot Cinnamon Apples | **4**<br>Pepperoni Roll<br>Caesar Salad<br>Honey Coin Carrots<br>Fresh Whole Fruit |
| **7**<br>No School<br>Labor Day | **8**<br>Tacos<br>Refried Beans<br>Chips & Salsa<br>Mixed Fresh Fruit | **9**<br>Chicken & Noodles<br>Honey Coin Carrots<br>Italian Veggies<br>Hot Roll<br>Fresh Grapes | **10**<br>Stomboli<br>Caesar Salad<br>Cucumber Slices<br>Peach Slices | **11**<br>Cheddar & Broccoli Soup<br>Grilled Cheese<br>Baby Carrots w/Ranch<br>Baked Potato<br>Sliced Pears |
| **14**<br>Hot Dog w/Chili<br>Baked Beans<br>Coleslaw<br>French Fries<br>Banana | **15**<br>Chicken Nachos<br>Spanish Rice<br>Corn & Salsa<br>Fruit Mix | **16**<br>Boneless Wings<br>Celery Sticks w/Ranch<br>Mashed Potatoes<br>Hot Roll<br>Fresh Strawberries | **17**<br>Spaghetti w/Meatballs<br>Caesar Salad<br>Honey Coin Carrots<br>Breadstick w/Cheese<br>Fresh Grapes | **18**<br>Stuffed Crust Pizza<br>Italian Veggies<br>Potato Wedges<br>Froot Jooce Cup |
| **21**<br>Pork BBQ Sandwich<br>Baked Beans<br>Coleslaw<br>Frech Fries<br>Fresh Grapes<br>Rice Krispie Treat | **22**<br>Chicken Gyro<br>Italian Veggies<br>Mandarin Oranges<br>Froot Jooce Cup | **23**<br>Chicken Alfredo<br>Broccoli Parmesan<br>Cheesy Bread<br>Peach Slices | **24**<br>Lasagna<br>Caesar Salad<br>Grape Tomatoes<br>Breadstick w/Cheese<br>Mandarin Oranges | **25**<br>Vegetable Beef Soup<br>Grilled Cheese<br>Baked Potato<br>Fresh Whole Fruit |
| **28**<br>Grilled Cheese<br>Tomato Soup<br>French Fries<br>Apple Slices<br>Froot Jooce Cup | **29**<br>Chicken Quesadilla<br>Chips & Salsa<br>Corn & Refried Beans<br>Fruit Mix | **30**<br>Chicken & Waffles<br>Green Beans<br>Sweet Potato Casserole<br>Apple Crisp<br>Vanilla Ice Cream Cup | | |

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## LCHS FAST LINE LUNCH MENU



**Note:**

- All lunches are served with assorted milk and water.
- Fresh salad bar is available daily.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | **1**<br>French Bread Pizza or<br>Buffalo Chicken Pizza<br>French Fries<br>Italian Veggies<br>Fresh Whole Fruit<br>Froot Jooce Cup | **2**<br>Hand-Tossed Pizza or<br>Cheeseburger<br>Baby Carrots<br>Potato Wedges<br>Fresh Whole Fruit<br>Sliced Pears | **3**<br>French Bread Pizza or<br>Chicken Bacon Ranch Pizza<br>Cucumber Slices<br>Honey Coin Carrots<br>Fresh Whole Fruit<br>Froot Jooce Cup | **4**<br>Hand-Tossed Pizza or<br>Fish Sandwich<br>Baked Beans<br>Caesar Salad<br>Fresh Whole Fruit & Mixed Fruit<br>Assorted Yogurt |
| **7**<br>No School<br>Labor Day | **8**<br>French Bread Pizza or<br>Buffalo Chicken Pizza<br>French Fries<br>Italian Veggies<br>Fresh Whole Fruit<br>Froot Jooce Cup | **9**<br>Hand-Tossed Pizza or<br>Cheeseburger<br>Baby Carrots<br>Potato Wedges<br>Fresh Whole Fruit<br>Sliced Pears | **10**<br>French Bread Pizza or<br>Chicken Bacon Ranch Pizza<br>Cucumber Slices<br>Honey Coin Carrots<br>Fresh Whole Fruit<br>Froot Jooce Cup | **11**<br>Hand-Tossed Pizza or<br>Fish Sandwich<br>Baked Beans<br>Caesar Salad<br>Fresh Whole Fruit & Mixed Fruit<br>Assorted Yogurt |
| **14**<br>Smart Pizza or<br>Parbaked Pepperoni Roll<br>Caesar Salad<br>Sweet Potato Fries<br>Fresh Whole Fruit<br>Peach Slices | **15**<br>French Bread Pizza or<br>Buffalo Chicken Pizza<br>French Fries<br>Italian Veggies<br>Fresh Whole Fruit<br>Froot Jooce Cup | **16**<br>Hand-Tossed Pizza or<br>Cheeseburger<br>Baby Carrots<br>Potato Wedges<br>Fresh Whole Fruit<br>Sliced Pears | **17**<br>French Bread Pizza or<br>Chicken Bacon Ranch Pizza<br>Cucumber Slices<br>Honey Coin Carrots<br>Fresh Whole Fruit<br>Froot Jooce Cup | **18**<br>Hand-Tossed Pizza or<br>Fish Sandwich<br>Baked Beans<br>Caesar Salad<br>Fresh Whole Fruit & Mixed Fruit<br>Assorted Yogurt |
| **21**<br>Smart Pizza or<br>Parbaked Pepperoni Roll<br>Caesar Salad<br>Sweet Potato Fries<br>Fresh Whole Fruit<br>Peach Slices | **22**<br>French Bread Pizza or<br>Buffalo Chicken Pizza<br>French Fries<br>Italian Veggies<br>Fresh Whole Fruit<br>Froot Jooce Cup | **23**<br>Hand-Tossed Pizza or<br>Cheeseburger<br>Baby Carrots<br>Potato Wedges<br>Fresh Whole Fruit<br>Sliced Pears | **24**<br>French Bread Pizza or<br>Chicken Bacon Ranch Pizza<br>Cucumber Slices<br>Honey Coin Carrots<br>Fresh Whole Fruit<br>Froot Jooce Cup | **25**<br>Hand-Tossed Pizza or<br>Fish Sandwich<br>Baked Beans<br>Caesar Salad<br>Fresh Whole Fruit & Mixed Fruit<br>Assorted Yogurt |
| **28**<br>Smart Pizza or<br>Parbaked Pepperoni Roll<br>Caesar Salad<br>Sweet Potato Fries<br>Fresh Whole Fruit<br>Peach Slices | **29**<br>French Bread Pizza or<br>Buffalo Chicken Pizza<br>French Fries<br>Italian Veggies<br>Fresh Whole Fruit<br>Froot Jooce Cup | **30**<br>Hand-Tossed Pizza or<br>Cheeseburger<br>Baby Carrots<br>Potato Wedges<br>Fresh Whole Fruit<br>Sliced Pears | | |

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## SUPPER MENU



**Note:**

- All suppers are served with assorted milk and water.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | **1**<br>Turkey & Ham Coissant<br>Assorted Doritos<br>Baby Carrots w/Ranch<br>Fresh Whole Fruit | **2**<br>Pizza Rolls<br>Tostito Scoops<br>Salsa Cup<br>Craisins | **3**<br>Cheesy Pull-Apart Bread<br>Assorted Sun Chips<br>Baby Carrots w/Ranch<br>Fresh Whole Fruit | **4**<br>EZ Jammers<br>Fritos<br>Salsa Cup<br>Cheddar Cheese Stick<br>Apple Chips |
| **7**<br>No School<br>Labor Day | **8**<br>Grilled Cheese<br>Assorted Sun Chips<br>Baby Carrots w/Ranch<br>Fresh Whole Fruit | **9**<br>Pepperoni Pizza<br>Tostito Scoops<br>Salsa Cup<br>Applesauce Cup | **10**<br>Chicken Biscuit<br>Chex Snack Mix<br>Baby Carrots w/Ranch<br>Fresh Whole Fruit | **11**<br>Pepperoni Roll<br>Marinara Cup<br>Smart Popcorn<br>Fresh Whole Fruit |
| **14**<br>Pepperoni Pizza Kit<br>Tostito Scoops<br>Salsa Cup<br>Fresh Whole Fruit | **15**<br>Turkey & Ham Coissant<br>Assorted Doritos<br>Baby Carrots w/Ranch<br>Fresh Whole Fruit | **16**<br>Pizza Rolls<br>Tostito Scoops<br>Salsa Cup<br>Craisins | **17**<br>Cheesy Pull-Apart Bread<br>Assorted Sun Chips<br>Baby Carrots w/Ranch<br>Fresh Whole Fruit | **18**<br>EZ Jammers<br>Fritos<br>Salsa Cup<br>Cheddar Cheese Stick<br>Apple Chips |
| **21**<br>Turkey, Cheese, & Crackers Kit<br>Fritos<br>Salsa Cup<br>Fresh Whole Fruit | **22**<br>Grilled Cheese<br>Assorted Sun Chips<br>Baby Carrots w/Ranch<br>Fresh Whole Fruit | **23**<br>Pepperoni Pizza<br>Tostito Scoops<br>Salsa Cup<br>Applesauce Cup | **24**<br>Chicken Biscuit<br>Chex Snack Mix<br>Baby Carrots w/Ranch<br>Fresh Whole Fruit | **25**<br>Pepperoni Roll<br>Marinara Cup<br>Smart Popcorn<br>Fresh Whole Fruit |
| **28**<br>Pepperoni Pizza Kit<br>Tostito Scoops<br>Salsa Cup<br>Fresh Whole Fruit | **29**<br>Turkey & Ham Coissant<br>Assorted Doritos<br>Baby Carrots w/Ranch<br>Fresh Whole Fruit | **30**<br>Pizza Rolls<br>Tostito Scoops<br>Salsa Cup<br>Craisins | | |

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