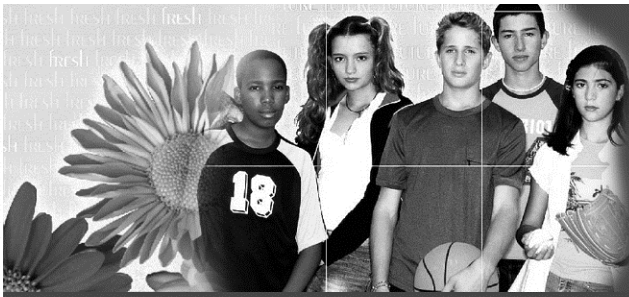


January 2012

www.rinutrition4kids.com



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Happy New Year	3 Hot Dog on Fresh Roll Hamburger or Cheeseburger on Bun Baked Beans	4 Popcorn Chckn Parm Sandwich Egg & Cheese Muffin Breakfast Potato	5 Soft Taco w/ Rice Baked Chicken Nuggets w/ Roll Mexican Corn	6 Rib-B-Q Pork Sandwich Cheese Pizza Cole Slaw
Also available this week: Ham & Cheese Sub or Garden Salad with Yogurt & Fresh Fruit & Veggie Bar				
9 Bagel & Yogurt Super Nachos Baked Potato Wedges	10 Chicken & Biscuit Hamburger or Cheeseburger on Bun Butternut Squash	11 Grilled Chicken Breast Sandwich French Toast w/Egg Warm Cinnamon Apples	12 Chicken Fajita w/ Rice Baked Chicken Tender w/ Roll 3 Bean Salad	13 Great Grilled Ham & Cheese Pizza Stick Roasted Potatoes ACE Prize Day
Also available this week: BBQ Chicken Chunks & Cheese Sub or Garden Salad with Yogurt & Fresh Fruit & Veggie Bar				
16 Martin Luther King Jr. Day No School	17 Power Mac & Cheese Hamburger or Cheeseburger on Bun Mixed Vegetables	18 Popcorn Chckn Parm Sandwich Waffle Sticks w/Egg Breakfast Potato	19 Super Nachos Baked Chicken Tender w/ Roll Refried Beans <i>National Popcorn Day</i> <i>Smart Food with Meal</i>	20 Baked Popcorn Chicken w/ Roll White Pizza Fingers Fresh Side Salad
Also available this week: Pepperoni Pizza Sub or Garden Salad with Yogurt & Fresh Fruit & Veggie Bar				
23 Hot Dog on Fresh Roll Baked Chicken Patty RI Potato Salad	24 Pasta & Meatballs w/ Roll Hamburger or Cheeseburger on Bun Fresh Side Salad	25 Grilled Chicken Breast Sandwich French Toast w/Egg Warm Cinnamon Apples	26 Soft Taco w/Rice Baked Chicken Tender w/ Roll Carrot Coins	27 Rib-B-Q Pork Sandwich Pizza Sticks BBQ Beans
Also available this week: Ham & Cheese Sub or Garden Salad with Yogurt & Fresh Fruit & Veggie Bar				
30 Pretzel & Yogurt Great Grilled Ham & Cheese Goldfish Crackers	31 Lasagna Hamburger or Cheeseburger on Bun on Bun Caesar Side Salad	1 Popcorn Chckn Parm Sandwich Waffle Sticks w/Egg Breakfast Potato	2 Chicken Quesadilla Baked Chicken Nuggets w/ Roll Chic Peas	3 Fish Sandwich Cheese Pizza Roasted Potatoes
Also available this week: Ranch Chicken Chunks & Cheese Sub or Garden Salad with Yogurt & Fresh Fruit & Veggie Bar				

More Info...

Breakfast
Paid \$1.25
Reduced \$.30

Lunch
Paid \$2.30
Premium \$3.30
Reduced \$.40

Fruit, Vegetables and Milk are available with all meals

Whole Grains And Fresh Locally Grown Rhode Island Produce is offered when available.

Low Fat White Coffee & Chocolate milk are available daily

Questions?
Please contact Andrew Viveiros Director Child Nutrition 333-5576 Viveiros-Andrew @Aramark.com

Lincoln Middle School Lunch Menu



Check out the Lincoln's Fresh Fruit & Veggie Bar
Featuring Fresh RI Produce!

With all meals students may choose up to 3 sides from fresh fruit and vegetable sides: Including great sides like carrots, fresh apples and oranges, roasted potatoes, and other great fruits like peaches. The variety will change daily so please look forward to enjoying something different everyday! Milk is also offered with any meal!

Menus are subject to change without notice.

