



Lincoln Elementary Lunch Menu - October 2022



A variety of fresh, local, vegetables and salads are offered daily on the menu.

3	4	5	6	7
Italian-style Meatball Sandwich Local Herb Roasted Potatoes	National Taco Day Beef Taco Shredded Cheddar, Shredded Lettuce, Fresh Pico de Gallo, Sour Cream	General Tso's Chicken Brown Rice Sesame Green Beans	National Noodle Day Pasta with Meat Sauce Roasted Broccoli	Classic Cheese Cucumber & Local Apple Salad
10	11	12	13	14
	National School Lunch Week Local Butternut Squash Soup Toasty Grilled Cheese Sandwich	Baja Beef Rice Bowl Shredded Cheddar Cheese	Homemade Mashed Local Potatoes, Diced Chicken and Gravy Seasoned Corn Dinner Roll	Classic Cheese Roasted Local Sweet Potato
17	18	19	20	21
National Pasta Day Local Butternut Squash Mac & Cheese Spinach & Craisin Salad Dinner Roll	Beef Nachos Shredded Cheddar, Shredded Lettuce, Diced Tomato Corn & Black Bean Salsa	Local Apple Crunch Day! Apple Cinnamon Yogurt Parfait Kale & Apple Salad Steere Farm Local Apples	Old Fashioned Spaghetti & Meatballs Roasted Green Beans Dinner Roll	Classic Cheese Jicama Slaw with Ginger Local Apple
24	25	26	27	28
Breakfast for Lunch French Toast Hashbrown Chicken Sausage Patty	Creamy Chicken Alfredo and Broccoli with Pasta Dinner Roll	Chicken & Vegetable Noodle Bowl	Cheese Quesadilla Roasted Broccoli	Classic Cheese Warm Baked Local Apple Slices
31				
Happy Halloween Crispy Chicken Tenders Roasted Local Sweet Potatoes Dinner Roll				

Daily Alternate Options:

Option 2

Monday- Crispy Chicken Patty Sandwich
Tuesday- Hamburger or Cheeseburger
Wednesday- Hot Dogs
Thursday- Chicken Nuggets with Dinner Roll
Friday- Chicken Tenders

Cold Options 3 & 4

10/3-10/7: Pretzel Fun Lunch or Ham Chef Salad with Roll
10/10-10/14: Nacho Fun Lunch or Turkey & Cheese Sandwich
10/17-10/21: Cereal Fun Lunch or Taco Salad
10/24-10/28: Pizza Bagel Fun Lunch or Ham & Cheese Wrap
10/31-11/4: Muffin Fun Lunch or Chicken Caesar Salad

Extra Extra

10/3-10/7: Local Apples, Orange Wedges, Red Pepper Strips, Roasted Broccoli, Roasted Garbanzo Beans, Cucumber & Local Apple Salad
10/11-10/14: Local Apples, Red Grapes, Grape Tomatoes, Caesar Salad, Mexican-inspired Corn, Homemade Local Applesauce
10/17-10/21: Local Apples, Bananas, Baby Carrots, spinach & Craisin Salad, BBQ Northern Beans, Jicama Slaw with Ginger Local Apples
10/24-10/28: Local Apples, Pears, Cherry Tomatoes, Broccoli Florets, Two Bean Salad, Warm Baked Local Apple Slices
10/31-11/4: Local Apples, Green Grapes, Carrot Sticks, Tossed Green Salad, Roasted Kidney Beans, Local Sweet Potato Salad

Any questions, please contact
Director of Dining Services,
Mariah Perez,
(401) 334 7532
or at mariah.perez@compass-usa.com

All items are made with whole grains.

All meals are served with a variety of fruits and vegetables, local when available.

All meals are served with milk (1% low fat white or fat free chocolate)

Menu is subject to change.

This institution is an equal opportunity provider.