


What's on the Menu?

Lincoln GF Lunch Menu – October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Grilled Chicken Sandwich</p> <p>Local Herb Roasted Potato</p>	<p>4</p> <p>Beef Nachos</p> <p>Homemade Pico De Gallo</p>	<p>5</p> <p>Grilled Cheese Sandwich</p> <p>Roasted Green Beans</p>	<p>6</p> <p>Classic Cheeseburger</p> <p>Roasted Broccoli</p>	<p>7</p> <p>Pepperoni Pizza</p> <p>Cucumber & Local Apple Salad</p>
<p>10</p> 	<p>11</p> <p>Toasty Grilled Cheese Sandwich</p> <p>Local Butternut Squash Soup</p>	<p>12</p> <p>Nacho Fun Lunch</p> <p>Fresh Baby Carrots</p>	<p>13</p> <p>Classic Cheeseburger</p> <p>Baked Tater Tots</p>	<p>14</p> <p>Cheese Pizza</p> <p>Roasted Local Sweet Potato</p>
<p>17</p> <p>Cereal Fun Lunch</p> <p>Fresh Broccoli Floret</p>	<p>18</p> <p>Homemade BBQ Pulled Pork Sandwich</p> <p>Local Roasted Potato Wedges</p>	<p>19</p> <p>Grilled Cheese Sandwich</p> <p>Baked Crinkle Cut Fries</p>	<p>20</p> <p>Classic Cheeseburger</p> <p>Roasted Green Beans</p>	<p>21</p> <p>Pepperoni Pizza</p> <p>Jicama Slaw with Ginger Local Apple</p>
<p>24</p> <p>Grilled Cheese Sandwich</p> <p>Baked Crinkle Cut Fries</p>	<p>25</p> <p>Grilled Chicken Parmesan Sandwich</p> <p>Fresh Roasted Broccoli</p>	<p>26</p> <p>Bagel Fun Lunch</p> <p>Fresh Cucumber Coins</p>	<p>27</p> <p>Classic Cheeseburger</p> <p>Baked Tater Tot</p>	<p>28</p> <p>Cheese Pizza</p> <p>Warmed Baked Local Apple Slices</p>
<p>31</p> <p>Grilled Chicken Bacon Ranch Sandwich</p> <p>Local Roasted Sweet Potato</p>			<p>-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.</p>	<p>Any questions, please contact the Director of Dining Svcs, Mariah Perez at mariah.perez@compass-usa.com</p>