

# Lincolnshire August Lunch Menu 2018

<p>20. Seasoned Shredded Chicken or Vegetarian Taco Salad Cilantro Rice Black Beans Salsa, Lettuce, <b>Organic Diced Tomatoes</b></p>	<p>21.  Sauced Pizza Day!  Cheese, Pepperoni</p>	<p>22. 100% Beef Cheeseburger Burger Bar  Black Bean Burger On a Whole Wheat Bun With Lettuce, Tomato And Roasted Carrots</p>	<p>23 Deluxe Beef Fajitas Peppers and Onions Lime Cilantro Rice  Vegetable Fajitas Peppers and Onions Lime Cilantro Rice Black Beans</p>	<p>24. Breaded Cheese Ravioli Meat Sauce  Breaded Cheese Ravioli With Marinara Tossed Salad Garlic Bread Stick</p>
<p>27. General Jane's Chicken Asian Vegetable Blend Sticky White Rice Vegetable Egg Roll  Vegetarian Stir Fry Sticky White Rice Vegetable Egg Roll</p>	<p>28.  Sauced Pizza Day!  Cheese, Pepperoni</p>	<p>29. Italian Beef Sandwich Steamed Green Beans  Grilled Cheese on Wheat Steamed Green Beans</p>	<p>30. Breakfast For Lunch  Baked French Toast Sticks with Syrup Turkey Sausage or Vegetarian Sausage Patty Fresh Fruit Salad</p>	<p>31. Boneless Wing Bar with Choice of BBQ or Buffalo Sauce Carrot and Celery Sticks with Ranch Dressing  Gnocchi Pesto With <b>Organic Zucchini</b></p>

## Student Meal

*Includes Entrée, Fruit and Vegetable Bar with Water, Juice or Milk*  
\$4.50

Now featuring your favorite Menu items with a healthier Twist!

Additional pizza choices may be available at Daniel Wright

## Nutritional Information

[www.questfmsnutrition.com](http://www.questfmsnutrition.com)

# Lincolnshire September Lunch Menu 2018

## Student Meal

Includes Entrée, Fruit  
and Vegetable Bar with  
Water, Juice or Milk  
\$4.50

## \*MOBILE SUSHI \$8.00

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<p>3</p> <p><b>NO SCHOOL LABOR DAY</b></p>	<p>4.</p> <p>Sauced Pizza Day! Cheese, Pepperoni</p>	<p>5.</p> <p>Homestyle Chicken Tenders Roasted Red Potatoes California Vegetable Blend</p> <p>Roasted Vegetable Panini Roasted Red Potatoes</p>	<p>6.</p> <p>Garlic Beef with Broccoli Stir Fry Brown Rice</p> <p>Sweet Potato and Broccoli Stir Fry with brown rice</p> <p>Seasoned Brown Rice Fried Brown Rice</p>	<p>7.</p> <p>Mini Chicken Sliders Carrot and Celery Sticks With Ranch Dressing</p> <p>Baked Macaroni and Cheese Steamed <b>Organic Carrots</b></p>
<p>10.</p> <p>100% Beef Cheeseburger Burger Bar or Black Bean Burger On a Whole Wheat Bun With Lettuce, Tomato Roasted Carrots</p>	<p>11.</p> <p>Sauced Pizza Day! Cheese, Pepperoni</p>	<p>12.</p> <p>Popcorn Chicken Bowl Corn Mashed Potatoes Chicken Gravy</p> <p>Pesto Cavatappi Pasta Corn</p>	<p>13.</p> <p>Breakfast For Lunch</p> <p>Pancakes with Syrup Pork Sausage Cheesy Scrambled Eggs Hash Browns</p>	<p>14.</p> <p>Meatball Sandwich Waffle Fries <b>Organic California Veggie Blend</b> Grilled Cheese on Wheat Tomato Soup Baked Chips</p>
<p>17.</p> <p>BBQ Chicken Stuffed Potato Steamed <b>Organic Broccoli</b></p> <p>Cheesy Potato Steamed <b>Organic Broccoli</b></p>	<p>18.</p> <p>Sauced Pizza Day! Cheese, Pepperoni</p>	<p>19.</p> <p>Seasoned Shredded Chicken or Vegetarian Taco Salad Cilantro Rice Black Beans Salsa, Lettuce, Diced Tomatoes</p>	<p>20.</p> <p>Beefy Tater Tot Casserole Steamed Green Beans</p> <p>Mushroom Basil Risotto Steamed Green Beans</p>	<p>21.</p> <p>All Beef Hot Dog on Whole Wheat Bun Zucchini &amp; Yellow Squash</p> <p>Hummus Pita Sandwich Zucchini &amp; Yellow Squash</p>
<p>24.</p> <p><b>Mobile Sushi Day California Rolls (8) Vegetarian Rolls (8) \$8.00</b></p> <p>Spaghetti and Meatballs or Marinara Sauce Honey Glazed <b>Organic Carrots</b></p>	<p>25.</p> <p>Sauced Pizza Day! Cheese Pepponei</p>	<p>26.</p> <p>Sweet &amp; Sour Chicken Asian Vegetable Blend White Rice</p> <p>Vegetable Lo Mein Lo Mein Noodles Asian Vegetable Blend</p>	<p>27.</p> <p>Deluxe Beef Fajitas Peppers and Onions Lime Cilantro Rice</p> <p>Vegetable Fajitas Peppers and Onions Lime Cilantro Rice Black Beans</p>	<p>28.</p> <p>Breaded Cheese Ravioli with Meat Sauce or Breaded Cheese Ravioli with Marinara Tossed Salad Garlic Bread Stick</p>

# Learn More About Our Menu

## Menu Items

\*The purchase of a hot meal includes: meal, fruit & veggie bar and either milk, water or 100% juice.\*

### **Carved BBQ Chicken with Wild Rice Blend and Honey Glazed Carrots**

Fresh chicken breast with BBQ sauce served with wild rice blend and honey glazed carrots. (Gluten, Soy)

### **Spaghetti and Meatballs or Marinara Sauce (Vegetarian)**

Spaghetti with beef meatballs in a marinara sauce (or without meatballs) served with honey glazed carrots. (Gluten, Egg, Soy)

### **Pulled Pork Sandwich with Steamed Broccoli**

Slow roasted tender pork on a bun with steamed broccoli. (Gluten)

### **Grilled Cheese on Wheat with Steamed Broccoli**

American cheese on whole wheat bread grilled to perfection served with steamed broccoli. (Gluten, Dairy, Soy)

### **Sweet and Sour Chicken over Rice with Asian Vegetable Blend**

Tempura chicken breast tossed in sweet and sour sauce with peppers, onions, water chestnuts, broccoli and pineapple over white rice with a Asian vegetable blend. (Gluten, Soy, Egg)

### **Vegetable Lo Mein with Lo Mein Noodles and Asian Vegetable Blend**

Sauteed Asian vegetables served over lo mein noodles. (Gluten, Soy)

### **Deluxe Beef Fajitas and Vegetable Fajitas**

Seasoned shredded roasted beef with peppers and onions in a tortilla accompanied by salsa, sour cream and guacamole with Spanish rice on the side. (Gluten, Dairy) Available without meat and with black beans for Vegetarians.

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### **Baked Breaded Cheese Ravioli & Marinara or Meat Sauce with Garlic Breadstick**

Breaded square pillows of pasta filled with ricotta, mozzarella, Parmesan cheese, herbs and spices topped with marinara sauce (Vegetarian) or meat sauce (Gluten, Dairy, Egg)

### **General Jane's Chicken**

Breaded chicken breast tossed in General Tso's sauce with Asian vegetable blend served over white rice with a vegetable egg roll. (Gluten, Soy)

### **Veggie Stir Fry (Vegetarian)**

Asian vegetables tossed in General Tso's sauce over white rice with a vegetable egg roll. (Gluten, Soy)

### **Homemade Beef Lasagna with Italian Roasted Vegetables**

Scratch made beef lasagna with Italian roasted vegetables. (Gluten, Egg, Dairy)

### **Three Cheese Lasagna Roll Up with Italian Roasted Vegetables (Vegetarian)**

Lasagna noodles stuffed with cheese blend and topped with marinara sauce and served with Italian roasted vegetables. (Gluten, Egg, Dairy)

### **Italian Beef Sandwich with Steamed Green Beans**

Roasted whole beef roast, shaved and seasoned then served on a hoagie roll with steamed green beans. (Gluten, Soy)

### **Caprese Panini with Steamed Green Beans (Vegetarian)**

Fresh tomatoes, mozzarella cheese and nut-free pesto grilled to perfection on panini bread and served with steamed green beans. (Gluten, Egg, Dairy, Soy)

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### **Baked French Toast Sticks with Turkey Sausage Patties**

Baked French toast sticks served with turkey sausage patties and fresh fruit salad. (Gluten, Egg, Dairy)

### **Baked French Toast Sticks with Vegetarian Breakfast Patties**

Baked French toast sticks served with vegetarian breakfast patties and fresh fruit salad. (Vegetarian) (Gluten, Egg, Dairy, Soy)

### **Boneless Wing Bar with Your Choice of BBQ or Buffalo Sauce**

Boneless wings tossed in BBQ or buffalo sauce and served with fresh carrot and celery sticks with Ranch dressing (Egg, Gluten, Dairy)

### **Pesto Potato Gnocchi with Zucchini (Vegetarian)**

Potato gnocchi served with nut-free basil pesto and Zucchini on the side. (Egg, Gluten, Dairy)

### **Rosemary Grilled Chicken Breast with Baked Potato and Mixed Vegetables**

Fresh chicken breast seasoned with rosemary and herb served with baked potato and butter and mixed vegetables. (Dairy)

### **Fettuccini Alfredo with Mixed Vegetables (Vegetarian)**

Fettuccini noodles with homemade alfredo sauce, garlic breadstick and mixed vegetables. (Gluten, Dairy)

### **Meatball Sandwich with Waffle Fries and California Blend Vegetables**

Meatballs topped with marinara sauce and mozzarella cheese on a hoagie roll and served with waffle fries and California blend vegetables (Gluten, Dairy, Soy)

### **Eggplant Meatballs with Marinara Sauce and Garlic Breadstick (Vegetarian)**

Homemade eggplant meatballs topped with marinara sauce and garlic breadstick (Gluten, Egg, Dairy)

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### **Homestyle Chicken Tenders with Roasted Red Potatoes and Green Peas**

Breaded all white meat chicken tenders with roasted red potatoes and green peas (Gluten, Egg)

### **Roasted Vegetable Panini with Roasted Red Potatoes (Vegetarian)**

Roasted seasonal vegetables with provolone cheese, spinach and nut-free pesto then grilled to perfection on panini bread and served with roasted red potatoes (Gluten, Dairy)

### **Beef & Broccoli Stir Fry over Brown Rice**

Fresh inside round beef in teriyaki sauce with onions and broccoli over brown rice (Gluten, Soy, Egg)

### **Sweet Potato & Broccoli Stir Fry over Brown Rice (Vegetarian)**

Sweet potatoes, onions and broccoli in teriyaki sauce over brown rice. (Gluten, Soy, Egg)

### **Cheeseburger on Whole Wheat Bun with Roasted Carrots**

All beef hamburger with American Cheese on a whole wheat bun with lettuce and tomato served with **Carrots**. (Gluten, Soy, Dairy)

### **Vegetarian Black Bean Burger on Whole Wheat Bun with Roasted Carrots**

Black Bean Burger on a whole wheat bun with lettuce and tomato served with roasted **Carrots**. (Gluten, Soy, Dairy)

### **Mini Buffalo Chicken Sliders with Carrot and Celery Sticks and Ranch**

Mini breaded chicken breasts tossed in mild buffalo sauce on a wheat bun with lettuce and tomato served with carrot and celery sticks and ranch dressing. (Gluten, Soy, Dairy, Egg)

### **Baked Macaroni and Cheese with Carrot and Celery Sticks and Ranch (Vegetarian)**

Macaroni noodles with scratch made cheese sauce baked until golden brown and served with carrot and celery sticks with Ranch. (Gluten, Dairy, Egg, Soy)

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### **Chicken Quesadillas with Salsa and Spanish Rice**

Chicken with Mexican blend of cheese with tomatoes and onions grilled in a tortilla served with salsa and Spanish rice (Gluten, Dairy)

### **Vegetable Quesadillas with Salsa and Spanish Rice (Vegetarian)**

Mexican blend of cheese with tomatoes and onions grilled in a tortilla served with salsa and Spanish rice (Dairy, Gluten)

### **Popcorn Chicken Bowl**

Breaded tender chicken breast over homemade mashed potatoes and corn (Gluten, Dairy)

### **Mushroom Basil Risotto and Corn (Vegetarian)**

Risotto (rice) with mushrooms and basil served with corn (Dairy)

### **Pancakes with Syrup, Cheesy Scrambled Eggs and Hash Browns**

Pancakes served with fluffy cheesy scrambled eggs and shredded hash browns (Gluten, Egg, Dairy)

### **Grilled Ham and Cheese with Tomato Soup and Baked Chips**

Grilled Ham and American Cheese sandwich on wheat bread and fresh made tomato soup with baked potato chips to add a crunch (Dairy, Gluten)

### **Grilled Cheese with Tomato Soup and Baked Chips**

Grilled American Cheese sandwich on wheat bread and fresh made tomato soup with baked potato chips to add a crunch. (Vegetarian) (Dairy, Gluten)

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### **BBQ Chicken Stuffed Baked Potato with Steamed Broccoli**

Baked potato topped with BBQ chicken, cheddar cheese, sour cream and onions (toppings optional) with steamed broccoli. (Dairy)

### **Cheesy Baked Potato with Steamed Broccoli (Vegetarian)**

Baked potato topped with cheddar cheese, sour cream and onions (toppings optional) with steamed broccoli. (Dairy)

### **Carved Turkey Breast with Stuffing, Garden Green Beans and Cranberry Sauce**

Fresh turkey breast served with homemade stuffing, garden green beans and cranberry sauce. (Gluten, Dairy, Soy)

### **Portobello Cheese Pasta with Garden Green Beans and Garlic Breadstick**

Penne pasta with Portobello mushrooms and spinach in a creamy sauce served with garden green beans and breadstick. (Gluten, Dairy, Soy)

### **Seasoned Shredded Chicken Taco Salad**

Seasoned shredded chicken served on a bed of shredded lettuce with salsa, tomatoes, cheddar cheese, black beans and cilantro rice in a taco shell. (Gluten, Soy, Dairy)

### **Vegetarian Taco Salad**

Seasoned shredded chicken served on a bed of shredded lettuce with salsa, tomatoes, cheddar cheese, black beans and cilantro rice in a taco shell. (Gluten, Soy, Dairy)



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### **Beefy Tator Tot Casserole with California Blend Vegetables**

Ground Beef, Tator Tots, Cheese and California Blend Vegetables in Cream of Mushroom Sauce then baked to perfection (Dairy, Soy, Gluten)

### **Nut-Free Pesto Cavatappi and California Blend Vegetables**

Cavatappi spiral pasta with nut-free pesto and California blend vegetables served on the side. (Vegetarian) (Dairy, Egg, Gluten)

### **All Beef Hot Dog on Whole Wheat Bun with Zucchini and Yellow Squash**

All beef hot dog on whole wheat bun served with zucchini and yellow squash (Gluten in Bun Only)

### **Hummus Pita Sandwich with Zucchini and Yellow Squash**

Hummus, Spinach, Tomato, Cucumber and Onions with Tzatziki sauce on a warm pita served with zucchini and yellow squash (Gluten in Bun Only)

### **SUSHI DAY**

Your choice of Vegetarian Roll which has avocado, carrots, cucumbers, rice and seaweed or California Roll with surimi, avocado, cucumber, rice and seaweed that was made that morning. Price is \$8.25 for meal.

### **Pizza**

**Cheese-** A slice of pizza served with fresh carrot sticks and ranch for dipping. (Vegetarian) (Gluten, Dairy).

Pepperoni or Sausage Pizza also available.