

LINCOLNSHIRE D103 LUNCH MENU

JANUARY 2019



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

**Now Offering Soup Every
Friday At
Half Day and Daniel
Wright!**
**Look for our new Grab
and Go Salads and
Sandwiches!**

**Questions, Concerns or
Feedback?**
Contact Mary Janiak at
quest@d103.org or
Jason Rosegay,
General Manager at
jrosegay@questfms.com.

Nutritional Information
www.questfmsnutrition.com

Please visit
www.myschoolbucks.com
**To add money to your
child's account.**

<p>7</p> <p>NO SCHOOL TEACHER INSTITUTE</p>	<p>8</p> <p>SAUCED PIZZA DAY! Cheese or Pepperoni</p>	<p>9</p> <p>Homestyle Chicken Tenders Roasted Red Potatoes Green Beans</p> <p>Penne with Marinara Sauce Green Beans</p>	<p>10</p> <p>Breakfast for Lunch</p> <p>Pancakes Turkey Sausage Banana</p> <p>Cheesy Scrambled Eggs Veggie Sausage Banana</p>	<p>11</p> <p>Chicken Noodle Soup</p> <p>Beef or Vegetarian Taco Salad</p> <p>Lettuce, Diced Tomatoes Cheese Salsa</p>
<p>14</p> <p>All Beef Hot Dog Whole Wheat Bun Italian Roasted Vegetables Tater Tots</p> <p>Pasta Alfredo Italian Roasted Vegetables</p>	<p>15</p> <p>SAUCED PIZZA DAY! Cheese or Pepperoni</p>	<p>16</p> <p>Sloppy Joe Sandwich Tater Tots Mixed Vegetables</p> <p>Baked Macaroni and Cheese Mixed Vegetables</p>	<p>17</p> <p>Sweet and Sour Chicken over Rice Stir Fry Vegetables</p> <p>Sweet and Sour Vegetables over Rice Stir Fry Vegetables</p>	<p>18</p> <p>Tomato Soup Popcorn Chicken Bowl Mashed Potatoes Corn</p> <p>Gnocchi with Nut Free Pesto Sauce Corn</p>
<p>21</p> <p>NO SCHOOL MARTIN LUTHER KING JR BIRTHDAY</p>	<p>22</p> <p>SAUCED PIZZA DAY! Cheese or Pepperoni</p>	<p>23</p> <p>Mini Chicken Sliders Waffle Fries Steamed Carrots</p> <p>Cheese Quesadilla Spanish Rice Steamed Carrots</p>	<p>24</p> <p>100% Beef Cheeseburger On Whole Wheat Bun Mixed Vegetables Baked Chips</p> <p>Cheese Enchiladas Mixed Vegetables</p>	<p>25</p> <p>Beef Chili Cornbread</p> <p>Vegetarian Three Bean Chili Cornbread</p>
<p>28</p> <p>SUSHI DAY \$8.00 California Rolls Vegetarian Rolls</p> <p>Spaghetti With Marinara Honey Glazed Carrots</p>	<p>29</p> <p>SAUCED PIZZA DAY! Cheese or Pepperoni</p>	<p>30</p> <p>Turkey Breast Mashed Potatoes Green Beans</p> <p>Vegetarian Fried Rice Vegetable Egg Roll</p>	<p>31</p> <p>Meatball Sandwich Parmesan Potatoes Green Beans</p> <p>Bosco Sticks with Marinara Sauce Green Beans</p>	<p>1</p> <p>Vegetable Soup Beef Fajitas Cilantro Rice Peppers and Onions</p> <p>Vegetable Fajitas Cilantro Rice Black Beans</p>