

Lincolnshire Lunch Menu October 2018

Student Meal

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

***MOBILE SUSHI \$8.00**

Now featuring your favorite
menu items with a healthier
twist!

Now featuring organic fruit or
vegetable per week.

Nutritional Information

www.questfmsnutrition.com

Please visit
www.MySchoolBucks.com
to add money to your child's
account

1 Mini Chicken Sliders Carrot and Celery Sticks with Ranch Dressing Gnocchi Pesto with Organic Zucchini and Yellow Squash	2 SAUCED PIZZA Cheese or Pepperoni	3 Homemade Meatloaf Redskin Mashed Potatoes Steamed organic Broccoli Pasta Alfredo Steamed Organic Broccoli	4 Breakfast for Lunch French Toast Sticks Turkey Sausage French Toast Sticks Vegetarian Sausage	5 General Jane's Chicken Sticky White Rice Vegetable Egg Roll Vegetarian Stir Fry Sticky White Rice Vegetable Egg Roll
8 No School Columbus Day	9 No School Teacher Institute	10 No School Teacher Institute	11 Pork Ribette Sandwich On a Hoagie Roll Oven Roasted Potatoes Steamed Green Beans Homemade Mac and Cheese Steamed Green Beans	12 100% Beef Cheeseburger or Black Bean Burger On a Whole Wheat Bun With Lettuce, Tomato And Organic Roasted Carrots
15 Cheese Ravioli with Meat Sauce Or Vegetarian Marinara Tossed salad Garlic Breadstick	16 SAUCED PIZZA Cheese or Pepperoni	17 Popcorn Chicken Bowl (Chicken Tender over Mashed Potatoes & Corn) Cheese Tortellini with Marinara With Garlic Breadstick and Corn	18 Breakfast for Lunch Pancakes Turkey Sausage Banana Pancakes Strawberry Yogurt Banana	19 Italian Beef Sandwich Roasted Red Potatoes Steamed Green Beans Grilled Cheese Tomato Soup
22 Beef Tacos Spanish Rice Cheese Quesadilla Spanish Rice Lettuce Tomato	23 SAUCED PIZZA Cheese or Pepperoni	24 All Beef Nitrate Free Hot Dog On Whole Wheat Bun Pretzels Mostoccoli With Marinara With Garlic Breadstick Roasted Organic Carrots	25 Homestyle Breaded Chicken Tenders Corn Buttered Noodles Corn	26 Rosemary Grilled Chicken Parmesan Potatoes Mixed Vegetables Pasta Alfredo Mixed Vegetables Garlic Bread Stick
29 Spaghetti With Meatballs Breadstick Spaghetti With Marinara	30 SAUCED PIZZA Cheese or Pepperoni	31 Sweet & Sour Chicken White Rice Vegetable Egg Roll Vegetable Fried Rice Vegetable Egg roll		

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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Cheese Ravioli & Marinara or Meat Sauce with Garlic Breadstick

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)

Beef Tacos With Spanish Rice

Seasoned ground beef served in a whole wheat tortilla topped with cheese, lettuce, tomato with Spanish Rice. (Gluten, 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)

Meatloaf

Beef meatloaf served with redskin mashed potatoes and steamed organic broccoli. (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 Parmesan Roasted Potatoes and Mixed Vegetables

Fresh chicken breast seasoned with rosemary and herb served with parmesan roasted potatoes and mixed vegetables. (Dairy)

Pasta Alfredo with Vegetables (Vegetarian)

Pasta noodles with homemade alfredo sauce, garlic breadstick and 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)

BBQ Ribette Sandwich

Pork ribette patty with BBQ sauce served on a french roll with oven roasted potatoes and steamed green beans.(Gluten)

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Homestyle Chicken Tenders with Roasted Red Potatoes and Corn

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

Cheese Tortellini With Marinara with a Garlic Breadstick and Roasted Organic Carrots

Cheese filled tortellini pasta with Marinara sauce. Served with a garlic breadstick and organic carrots. (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)

Cheese Quesadillas with Salsa and Spanish Rice (Vegetarian)

Mexican blend of cheese with 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 Pizza also available.