



# NOVEMBER 2022

THE LINCOLN ACADEMY  
K - 8 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <b>Cheeseburger</b> Corn Tomato	2 <b>Chicken Nuggets</b> Fries Broccoli -- Middle School -- <b>Bean &amp; Cheese Burrito</b>	3 <b>Mini Corndogs</b> Baked Beans Celery Sticks -- Middle School -- <b>BBQ Pork</b>	4 <b>Macaroni &amp; Cheese</b>  Green Beans Baby Carrots
7 <b>Chicken Patty</b> Sweet Corn Tater Tots -- Middle School -- <b>BBQ Chicken</b>	8 <b>Beef Nachos</b> Tomato Refried Beans Salsa	9 <b>Hot Dog</b> Baked Beans Baby Carrots -- Middle School -- <b>Baja Chicken Over Rice</b>	10 <b>Spaghetti Meatballs</b> Broccoli Garden Salad	11 <b>NO SCHOOL</b>
14 <b>Pancakes Scrambled Eggs</b> Tater Tots Carrots -- Middle School -- <b>BBQ Pork</b>	15 <b>BBQ Chicken Patty</b> Tomato Italian Vegetables -- Middle School -- <b>Chicken Teriyaki Over Rice</b>	16 <b>Mozzarella Sticks w/ Mariana Sauce</b> Garden Salad Cucumber Slices -- Middle School -- <b>Cuban Sandwich</b>	17 <b>Walking Taco</b> Fresh Tomato Corn	18 <b>Cheese Pizza</b> Roasted Cauliflower Baby Carrots -- Middle School -- <b>Country Chicken Bowl</b>
21 <b>Cheese Baked Ziti</b> Peas & Carrots Celery Sticks	22 <b>Sliced Turkey</b> Mashed Potatoes Gravy Green Beans Dinner Roll	23 <b>NO SCHOOL</b>	24 <b>NO SCHOOL</b>	25 <b>NO SCHOOL</b>
28 <b>BBQ Chicken Thigh</b> Brown Rice Dinner Roll Mixed Vegetables	29 <b>Meatball Sub</b> Fries Broccoli	30 <b>Chicken Nuggets</b> Fries Baby Carrots -- Middle School -- <b>Loaded Tater Tots</b> Tomato Garden Salad	<b>FRESH PICKS</b>	

## NUTRITION BAR

Included with your meal and offered daily.  
Choose from a variety of fresh fruits or vegetables.  
And your choice of 1%, NF Chocolate or Skim Milk.  
For questions and comments, please email the Food Service Director at [CynthiaCarr@aviands.com](mailto:CynthiaCarr@aviands.com)

EUOR NORTH AMERICA

This institution is an equal opportunity provider