

# WALLA WALLA PUBLIC SCHOOLS LINCOLN HIGH SCHOOL MENU

Welcome Back!!!!

## BREAKFAST

( BREAKFAST INCLUDES FRUIT, VEGETABLES, MILK OR SOY MILK )

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST PIZZA PANCAKE WRAP OMELET BAGEL CEREAL YOGURT MUFFIN	BREAKFAST PIZZA PANCAKE WRAP SAUSAGE & EGG MUFFIN BAGEL CEREAL YOGURT MUFFIN	BREAKFAST PIZZA PANCAKE WRAP OMELET BAGEL CEREAL YOGURT MUFFIN	BREAKFAST PIZZA PANCAKE WRAP SAUSAGE & EGG MUFFIN BAGEL CEREAL YOGURT MUFFIN	BREAKFAST PIZZA PANCAKE WRAP SCRAMBLED EGGS BAGEL CEREAL YOGURT MUFFIN

# August

## LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29 LASAGNA ROLL UP SOFT BEEF TACO YOGURT WITH GRAHAM CRACKERS	30 TERIYAKI DIPERS WITH BROWN RICE BEAN & CHEESE BURRITO CHICKEN ON A BUN	31 CHICKEN FAJITAS CHICKEN NUGGETS W/ DINNER ROLL SOFT PRETZEL WITH COT- TAGE CHEESE	

# September

## LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1  NO SCHOOL
4  NO SCHOOL LABOR DAY	5 SPAGHETTI & MEAT BALLS SOFT BEEF TACO YOGURT WITH GRAHAM CRACKERS	6  CORN DOG BEAN & CHEESE BURRITO CHICKEN ON A BUN	7  CHEESE ZOMBIE CHICKEN NUGGETS W/ DINNER ROLL SOFT PRETZEL WITH COT- TAGE CHEESE	8  FISH SANDWICH CHEESE PIZZA TURKEY SANDWICH
11 NACHOS WITH GROUND BEEF CHEESE BURGER HUMMUS & TORTILLA CHIPS	12 CHICKEN NOODLE SOUP SOFT BEEF TACO YOGURT WITH GRAHAM CRACKERS	13 CHEF SALAD W/DINNER ROLL BEAN & CHEESE BURRITO CHICKEN ON A BUN	14  TURKEY GRAVY & POTATOES W/DINNER ROLL CHICKEN NUGGETS SOFT PRETZEL WITH COTTAGE CHEESE	15  HOT HAM & CHEESE SAND- WICH CHEESE PIZZA TURKEY SANDWICH
18 SWEET & SOUR CHICKEN WITH BROWN RICE CHEESE BURGER HUMMUS & TORTILLA CHIPS	19 CHICKEN POT PIE SOFT BEEF TACO YOGURT WITH GRAHAM CRACKERS	20 HOT DOG ON A BUN BEAN & CHEESE BURRITO CHICKEN ON A BUN	21 MACARONI & CHEESE CHICKEN NUGGETS W/ DINNER ROLL SOFT PRETZEL WITH COTTAGE CHEESE	22  BBQ PULLED PORK CHEESE PIZZA TURKEY SANDWICH
25 NACHOS WITH GROUND BEEF CHEESE BURGER HUMMUS & TORTILLA CHIPS	26 CHILI CON CARNE W/ CORNBREAD SOFT BEEF TACO YOGURT WITH GRAHAM CRACKERS	27  TACO SALAD BEAN & CHEESE BURRITO CHICKEN ON A BUN	28 CHICKEN PARMIGIANA ROLL CHICKEN NUGGETS SOFT PRETZEL	29  FISH NUGGETS CHEESE PIZZA TURKEY SANDWICH



### SALAD BAR, CONDIMENTS & DRINKS

MILK: 1%, SOY MILK, NON-FAT CHOCOLATE MILK

FRESH FRUITS IN SEASON & A VARIETY OF CANNED FRUIT IN JUICE OR LT SYRUP

SEASONAL RAW VEGETABLE TRAY: CARROTS, CAULIFLOWER, BROCCOLI, TOMATOES, CUCUMBERS, CELERY, PEAS, AND MORE

TOSSED GREEN SALAD WITH ICEBERG, ROMAINE, SPINACH, ADDITIONAL VEGETABLES AS AVAILABLE

CONDIMENTS: KETCHUP, SALSA, LOW FAT RANCH, LOW FAT MAYO, & MUSTARD

#### MEAL PRICES 2016-2017

Breakfast 6-8	1.40	Lunch	2.95
Reduced	0.00	Reduced	0.40
Adult Breakfast	1.90	Adult Lunch	3.60
Milk	0.50	Milk	0.50

Can charge up to \$10



Menus exceed the state and federal guidelines for servings of fruits and vegetables. This institution is an equal opportunity provider. Menu subject to change without notice.