



Gahanna Lincoln High School 2016-2017 Lunch Menu

Plate Lunch Prices: Lunch \$2.90 / Reduced Price .40¢ / Extra Milk .50¢

Mane Dish	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH MENU #1	Flyers Sub Smiley Fries Green Beans Green Salad Fruit	Golden Chicken Nuggets Steamed Broccoli Seasoned Rice Fruit Cookie	BBQ Pulled Pork Sandwich Cole Slaw/Carrots Green Salad Fresh Fruit Frozen Fruit Treat	Cheese Ravioli Breadstick Green Salad Chickpeas Pears	Beef Pepperoni Calzone or Fish Sandwich Fresh Veggies & Hummus Corn Applesauce
LUNCH MENU #2	Chicken Tenders & Dinner Roll Succotash Potato Wedges Green Salad Fruit	Stuffed Cheese Sticks Sweet Potato Fries Fresh Veggies/Hummus Green Salad Peaches	Beef Riblet Sandwich Baked Beans Green Salad Mandarin Oranges Cookie	Pasta/Sauce/Meatballs or Meatball Sub Green Salad & Chickpeas Breadstick/Bun Peaches	Sloppy Joe Sandwich or Fish Sandwich Carrots/Green Salad Fresh Fruit Ice Cream Treat
LUNCH MENU #3	BBQ Pulled Pork Sandwich Cole Slaw Baby Carrots Ice Cream Treat Fruit	Chicken & Cheese Quesadilla Black Bean Salsa Fresh Veggies Hummus Pineapple	Corn Dog Baked Beans Green Salad Mixed Fruit Apple Fruit Pocket	Cheese Ravioli Breadstick Green Salad Chickpeas Pears	Chicken Tenders & Dinner Roll or Fish Sandwich Potato Wedges/Corn Green Salad Fruit
LUNCH MENU #4	Philly Cheese Steak Sandwich Peppers & Onions Carrots/Hummus Green Salad Fresh Fruit	Beef/Bean/Cheese Nachos Corn Black Beans/Salsa Tortilla Chips Fresh Fruit	Cheezy Breadstick Sweet Potato Fries Green Salad Fruit Cookie	Pasta/Sauce/Meatballs or Meatball Sub Green Salad & Chickpeas Dinner Roll/Bun Peaches	Mac & Cheese/Roll or Fish Sandwich Green Salad Peas Mixed Fruit

Please note the first column of this lunch menu which lists the Menu Number and its Color will rotate along with your colored 4 week cycle lunch menu.

Sub-Wiches	Hamburger/Cheeseburger Grilled Chicken Breast Sandwich Hot Dog, Veggie Burger Coleslaw/Green Salad French Fries Fruit	Bellacino's Grinders Green Beans Fresh Veggies/Hummus Green Salad Fruit	Spicy Grilled Chicken Sandwich Hot Dog, Veggie Burger Hamburger/Cheeseburger French Fries/Green Salad Baked Beans Fruit	Donatos Sub Sandwich Corn Fresh Veggies/Hummus Green Salad Cookie Fruit	Chicken Filet/Regular/Spicy Sandwich Green Salad Fresh Veggies/Hummus Fruit Frozen Fruit Treat
Pizza, Pizza!	Donato's Pizza Green Salad Fresh Veggies & Hummus Fresh Fruit Ice Cream Treat	Big Lion Primo Pizza Potater Tots Green Salad Fresh Fruit	Romeo's Pizza Green Salad Fresh Veggies/Hummus Fresh Fruit Ice Cream Treat	Flyers Pizza Green Salad Fresh Veggies/Hummus Fresh Fruit Cookie	Big Lion Primo Pizza Potater Tots Green Salad Fresh Fruit
Salad Buffet	Pick a Vegetables: Green Salad Chickpeas Celery Peppers Spinach Baked Potatoes	Pick a Fruits: Fresh Fruit Fruit Cups Diced Fruits	Pick a Protein: Eggs/Yogurt or String Cheese Turkey Breast Sandwich Diced Chicken/Tuna Salad Chili (Mon, Wed & Fri) Vegetarian Chili (Tues. Thurs)	Pick a Whole Grain: Banana/Zucchini Bread Breadsticks Dinner Rolls Sandwich Bun	Pick a Half Pint Milk: White Chocolate Strawberry
Build a Bowl	Asian Chicken Bowl Rice Carrots Green Salad Dinner Roll Fruit	Popcorn Chicken Bowl Mashed Potatoes & Gravy Corn Dinner Roll Green Salad Fruit	Breakfast Bowl Scrambled Eggs Biscuit/Gravy Potatoes Green Salad Fruit	Asian Chicken Bowl Rice Broccoli Green Salad Dinner Roll Fruit	Mexican Bowl Fajita Chicken or Taco Beef Lime Rice, Mexican Corn Refried/Black Beans, Salsa Tortilla/Tortilla Chips Fruit

AUGUST 2016

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SEPTEMBER 2016

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

OCTOBER 2016

S	M	T	W	T	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NOVEMBER 2016

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

DECEMBER 2016

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JANUARY 2017

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY 2017

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

MARCH 2017

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

APRIL 2017

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

MAY 2017

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

- STUDENTS ELIGIBLE FOR FREE OR REDUCED-PRICE MEALS ARE ENTITLED TO A PLATE BREAKFAST AND PLATE LUNCH DAILY.
- Menu Subject to Change
- Track your child's account balance and make online meal payments at www.mypaymentsplus.com or pay by a check made payable to your child's school cafeteria
- See www.gahannaschools.org for K-12 menus and additional child nutrition resources
- Vegetarian Options Available
- Milk is included with each lunch

Plate lunches and a la carte items are available at all 5 lunch lines.

WHAT A VALUE!! A healthy plate lunch @ \$2.90 includes 3-5 components – protein, whole grain, milk, and must include a vegetable or fruit.