



# Gahanna Lincoln High School 2017-2018 Lunch Menu

Plate Lunch Prices: Lunch \$3.00 / Reduced Price .40¢ / Extra Milk .50¢

Mane Dish	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH MENU #1</b>	<b>Golden Chicken Nuggets</b> Steamed Broccoli Seasoned Rice Fruit CheezIt	<b>Beef Pepperoni Calzone</b> Fresh Veggies/Hummus Green Salad Corn Fruit	<b>Mac &amp; Cheese</b> Dinner Roll Green Salad Peas Fruit	<b>Bellacino's Pizza</b> Green Salad Chickpeas Fresh Veggies/Hummus Fruit	<b>Sandwiches: BBQ Pulled Pork/Chicken, Buffalo Chicken, or Fish</b> Cole Slaw/Carrots/Green Salad Fruit Frozen Fruit Treat
<b>LUNCH MENU #2</b>	<b>Chicken Tenders</b> Dinner Roll Carrots Potato Wedges Green Salad/Fruit	<b>Beef/Bean/Cheese Nachos</b> Refried Beans/Corn Black Beans/Salsa Tortilla Chips Fruit	<b>Stuffed Cheese Sticks</b> Sweet Potato Fries Fresh Veggies/Hummus Green Salad Fruit	<b>Pasta/Sauce/Meatballs or Meatball Sub</b> Green Salad/Chickpeas Breadstick/Bun Fruit	<b>Corn Dog or Fish Sandwich</b> Baked Beans/Green Salad Fruit Ice Cream Treat
<b>LUNCH MENU #3</b>	<b>Golden Chicken Nuggets</b> Steamed Broccoli Seasoned Rice Fruit Cheez-It	<b>Beef Pepperoni Calzone</b> Fresh Veggies/Hummus Green Salad Corn Fruit	<b>Chicken &amp; Cheese Quesadilla</b> Fresh Veggies/Hummus Black Bean Salsa Green Salad Fruit	<b>Cheese Ravioli</b> Breadstick Green Salad Chickpeas Fruit	<b>Sandwiches: Sloppy Joe, BBQ or Buffalo Chicken, or Fish</b> Carrots Green Salad Fruit
<b>LUNCH MENU #4</b>	<b>Chicken Tenders</b> Dinner Roll Green Beans/Potato Wedges Green Salad Fruit	<b>Beef/Bean/Cheese Nachos</b> Refried Beans/Corn Black Beans/Salsa Tortilla Chips Fruit	<b>Cheezy Breadstick</b> Sweet Potato Fries Fresh Veggies/Hummus Green Salad Fruit Cookie	<b>Pasta/Sauce/Meatballs or Meatball Sub</b> Green Salad/Chickpeas Breadstick or Bun Fruit	<b>Beef Riblet Sandwich or Fish Sandwich</b> Baked Beans Green Salad 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.

<b>Sub-Wiches</b>	<b>Hamburger/Cheeseburger Grilled Chicken Breast Sandwich Hot Dog, Veggie Burger</b> Coleslaw/Green Salad French Fries Fruit	<b>Bellacino's Grinders</b> Green Beans Fresh Veggies/Hummus Green Salad Fruit	<b>Spicy Grilled Chicken Sandwich Hot Dog, Veggie Burger Hamburger/Cheeseburger</b> French Fries/Green Salad Baked Beans Fruit	<b>Donatos Sub Sandwich</b> Fresh Veggies/Hummus Corn Green Salad Goldfish Crackers Fruit	<b>Chicken Filet Sandwich or Spicy</b> Green Salad Fresh Veggies/Hummus Fruit Frozen Fruit Treat
<b>Pizza, Pizza!</b>	<b>Donato's Pizza</b> Green Salad Fresh Veggies/Hummus Fresh Fruit Ice Cream Treat	<b>Big Lion Primo Pizza</b> Potater Tots Green Salad Fresh Veggies/Hummus Fruit	<b>Romeo's Pizza</b> Green Salad Fresh Veggies/Hummus Fresh Fruit	<b>Big Lion Primo Pizza</b> Potater Tots Green Salad Fresh Veggies/Hummus Fruit	<b>Jet's Pizza</b> Green Salad Fresh Veggies/Hummus Fruit Cookie
<b>Build a Bowl</b>	<b>Asian Chicken Bowl</b> Rice Steamed Carrots Green Salad Dinner Roll Fruit	<b>Popcorn Chicken Bowl</b> Mashed Potatoes & Gravy Corn Dinner Roll Green Salad Fruit	<b>Breakfast Bowl</b> Scrambled Eggs Biscuit or Breakfast Bread Park Sausage Gravy Potatoes/Green Salad Fruit	<b>Asian Chicken Bowl</b> Rice Steamed Broccoli Green Salad Dinner Roll Fruit	<b>Mexican Bowl</b> Fajita Chicken or Taco Beef Lime Rice, Mexican Corn Refried/Black Beans, Salsa Tortilla/Tortilla Chips Fruit
<b>Salad Buffet</b>	<b>Choose Your Vegetables:</b> Green Salad Chickpeas Cucumbers Black Beans Peas Baked or Sweet Potato	<b>Choose Your Fruit:</b> Fresh Fruit Fruit Cups Diced Fruits Apples/Oranges Bananas/Applesauce	<b>Choose a Serving of Protein:</b> Hard Boiled Egg Yogurt & a String Cheese Diced Turkey/Turkey Ham Tuna Salad/Shredded Chicken Chili Mon, Wed & Fri Vegetarian Chili Tues & Thurs WowButter Sandwich	<b>Choose a Whole Grain:</b> Banana/Zucchini Bread Breadsticks Dinner Rolls Sandwich Bun Croissant Goldfish Snack on Thursdays	<b>Choose a Half Pint Milk:</b> White Chocolate Strawberry

AUGUST 2017

S	M	T	W	T	F	S
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SEPTEMBER 2017

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OCTOBER 2017

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NOVEMBER 2017

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DECEMBER 2017

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JANUARY 2018

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FEBRUARY 2018

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MARCH 2018

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APRIL 2018

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MAY 2018

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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](http://www.mypaymentsplus.com) or pay by a check made payable to your child's school cafeteria
- See [www.gahannaschools.org](http://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 @ \$3.00 includes 3-5 components – protein, whole grain, milk, and must include a vegetable or fruit.