


What's on the Menu?

November 2023


Lincoln Middle School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	 Rhode Island FARM TO SCHOOL EAT • GROW • LEARN	 Local Butternut Squash Vegetarian Chili Homemade Local Corn Tortillas Chips	 Taco-seasoned Chicken Bowl Seasoned Pinto Beans, Fresh Pico, Lettuce, Cheddar, Sour Cream	Sandwich Day Cubano Sandwich Roasted Local Potato Wedges
Italian-inspired Meatball Sub Roasted Green Beans	General Tso's Chicken Brown Rice Roasted Broccoli	 Chicken Pasta Primavera with Local Roasted Butternut Squash	Chicken & Cheese Quesadilla with Local Narragansett Creamery Cheese Corn & Black Bean	Hot Grilled Monte Cristo Sandwich Roasted Carrot Sticks
 IN HONOR OF OUR VETERANS	Nachos Day Local Beef Nachos Fresh Pico de Gallo Local Narragansett Creamery Cheese Local Gotham Greens Lettuce, Guac	Thanks 4 Giving Roasted Turkey Homemade Local Mashed, Gravy, Roasted Local Butternut Squash Apple-Cran Crisp	Early Dismissal Bagged Lunch Available Upon Request	 Korean Chicken Bulgogi Sesame BBQ Sauce Stir Fried Brown Rice
 Homemade Local Butternut Squash Mac & Cheese Roasted Broccoli	Local Beef Burgers & Impossible Burgers Local Potato Wedges	Baked Local Potato Bar Beef & Bean Chili, Shredded Cheddar, Roasted Broccoli, Dinner Roll	 Happy Thanksgiving	NO SCHOOL
 Buffalo Chicken Dip Tortilla Chips Carrots & Celery	French Toast Day Homemade French Toast Local Home Fried Potatoes Chicken Sausage Breakfast Syrup	 Albondigas con Arroz Chicken Meatball, Tomatoes, Carrots, Peas, Cilantro Lime Rice	Homemade Butternut Squash Soup Toasted Cheese Sandwich with Local Narragansett Creamery Cheese	Global Eats November 16 & 29


Daily Offerings




Cheese & Pepperoni Pizza
Specialty Pizza




Cheeseburgers, Chicken Patty, Spicy Chicken Patty, Chicken Nuggets or Tenders
Baked Fries



A Variety of Fruit, Vegetables, or Salads
(Fresh, Local, or Canned)



Sandwiches, Wraps, Salads, Yogurt Parfaits, and Smoothies



Veggie Burgers, Grilled Cheese, Roasted Veggie Wrap



Vegetarian



Locally Grown

Meal prices: \$3.00 Lunch, \$0.40 Reduced.



Full menus available on Nutrislice!

chartwells
serving up happy & healthy

This institution is an equal opportunity provider.

All meals served with 1% Milk or Non-fat Chocolate Milk