

Lincoln Elementary

Lunch · October 2026



Monday

Tuesday

Wednesday

Thursday

Friday

- 5**
- Chicken Alfredo Pasta** 289 cal
 - Pasta Alfredo** 334 cal
 - Whole Grain Breadstick** 80 cal
 - Caesar Side Salad** 170 cal
 - Carrot Sticks** 25 cal

- 6**
- Chicken Fajita Soft Tacos** 327 cal
 - Nachos with Beans and Cheese** 490 cal
 - Cucumber Coins** 9 cal
 - Shredded Lettuce** 3 cal
 - Diced Red Tomatoes** 4 cal
 - Salsa** 39 cal

- 7**
- Teriyaki Chicken Rice Bowl** 451 cal
 - Baked Teriyaki Tofu** 297 cal
 - Steamed Brown Rice** 103 cal
 - Garden Salad** 22 cal
 - Jicama Sticks** 25 cal

- 1**
- Hamburger** 298 cal
 - or** **Cheeseburger** 353 cal
 - Veggie Burger** 290 cal
 - Chicken Caesar Salad** 296 cal
 - with** **Whole Grain Dinner Roll** 149 cal
 - Tater Tots** 111 cal
 - Burger Topping** 8 cal
 - Sliced Red Onion** 6 cal

- 2**
- New York Turkey Pepperoni Pizza** 320 cal
 - Pizza New York Cheese** 216 cal
 - Boneless Wings** 270 cal
 - with** **Freshly Baked Biscuit** 210 cal
 - Celery Sticks** 10 cal
 - Caesar Side Salad** 172 cal

No menu published

- 13**
- Nachos with Beef & Cheese** 465 cal
 - Hand Rolled Bean & Tillamook Cheese Burrito** 386 cal
 - with** **Salsa** 39 cal
 - Garden Side Salad** 20 cal
 - Celery Sticks** 10 cal

- 14**
- Miller's Local All Beef Hot Dog** 370 cal
 - Crinkle Cut French Fries** 81 cal
 - Tofu Caesar Wrap** 611 cal
 - Creamy Cole Slaw** 40 cal
 - Jicama Sticks** 25 cal

- 15**
- Hamburger** 298 cal
 - Cheeseburger** 353 cal
 - or** **Veggie Burger** 290 cal
 - Chicken Fajita Salad** 455 cal
 - with** **Whole Grain Dinner Roll** 149 cal
 - Tater Tots** 111 cal
 - Burger Topping** 8 cal
 - Sliced Red Onion** 6 cal

- 16**
- New York Turkey Pepperoni Pizza** 320 cal
 - Pizza New York Cheese** 216 cal
 - Boneless Wings** 270 cal
 - and** **Freshly Baked Biscuit** 210 cal
 - Caesar Side Salad** 170 cal
 - Carrot Sticks** 25 cal

- 19**
- Breaded Chicken Tender** 255 cal
 - with Dipping Sauce and Baked Biscuit** 190 cal
 - Grilled Cheese Sandwich** 252 cal
 - Three Bean Salad** 102 cal
 - Cherry Tomatoes** 22 cal

- 20**
- Beefy Mac** 345 cal
 - Bean & Queso Blanco Quesadilla** 269 cal
 - with** **Salsa** 36 cal
 - Celery Sticks** 10 cal
 - Garden Salad** 22 cal

- 21**
- Fish and Chips** 221 cal
 - Vegetarian Chili** 247 cal
 - with** **Crispy Round Tortilla Chips** 190 cal
 - Creamy Cole Slaw** 40 cal
 - Corn** 92 cal

- 22**
- Mary's Chicken Drumstick** 181 cal
 - with BBQ Sauce** **Whole Grain Dinner Roll** 140 cal
 - Mac & Cheese** 317 cal
 - with** **Creamy Cole Slaw** 40 cal
 - Cucumber Coins** 9 cal

- 23**
- New York Turkey Pepperoni Pizza** 320 cal
 - Pizza New York Cheese** 216 cal
 - Cheese Quesadilla** 430 cal
 - with** **Pico de Gallo** 4 cal
 - Caesar Side Salad** 170 cal
 - Celery Sticks** 10 cal

- 26**
- Spaghetti with All Beef Meat Sauce** 235 cal
 - or** **Spaghetti with Marinara Sauce and Parmesan Cheese** 364 cal
 - with** **Breadstick** 80 cal
 - Vegetarian Taco Salad** 473 cal
 - Caesar Side Salad** 170 cal
 - Jicama Sticks** 25 cal

- 27**
- Posole con Pollo with Tortilla Chips** 443 cal
 - Bean and Cheese Pupusa** 290 cal
 - with** **Salsa** 39 cal
 - Cucumber Coins** 9 cal
 - Shredded Cabbage** 4 cal
 - Radish Wedges** 5 cal
 - Diced Red Onion** 9 cal

- 28**
- BBQ Pulled Chicken Sandwich** 280 cal
 - Sweet Potato Fries** 105 cal
 - Hummus Wrap** 485 cal
 - Corn** 92 cal
 - Creamy Cole Slaw** 40 cal

- 29**
- Teriyaki Beef Dippers** 152 cal
 - or** **Mediterranean Lemon Pepper Tofu** 226 cal
 - with** **Steamed Brown Rice** 103 cal
 - Cherry Tomatoes** 22 cal
 - Fresh Broccoli Florets** 11 cal

- 30**
- New York Turkey Pepperoni Pizza** 320 cal
 - Pizza New York Cheese** 216 cal
 - Boneless Wings** 270 cal
 - with** **Freshly Baked Biscuit** 210 cal
 - Carrot Sticks** 25 cal
 - Caesar Side Salad** 172 cal