

# High School Lunch Menu

## December 2017



Menu subject to change without notice.

### LUNCH PRICES

Elem. Student "Paid" .....\$ 2.85  
 Student "Reduced" .....FREE  
 Student "Free".....FREE  
 Milk.....\$ .50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <b>No School</b>
4 <i>Main:</i> Pizza Choice Fresh Romaine Caesar Salad Black Bean Salad <i>BAR:</i> Soup and Sandwich <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)	5 <i>Main:</i> Chicken Tenders Whipped Potatoes Low Fat Gravy Sweet Green Peas School Made Dinner Roll <i>BAR:</i> Noodle Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)	6 <i>Main:</i> Brunch For Lunch Roasted Carrots Oven Baked Tri Tators <i>BAR:</i> Mexican Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)	7 <i>Main:</i> Meatball Sub Creamy Cole Slaw Potato Crunch Broccoli <i>BAR:</i> Potato Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)  School Made Cookie #	8 <i>Main:</i> Sweet and Sour Chicken Seasoned Brown Rice Garlic Breadstick Stir Fry Vegetables <i>BAR:</i> Breakfast Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)
11 <i>Main:</i> 2 for 1 Beef Hot Dogs Vegetarian Chili Roasted Squash <i>BAR:</i> Salad Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)	12 <i>Main:</i> Popcorn Chicken Bowl Whipped Potatoes Low Fat Gravy Shredded Cheese Whole Kernel Corn School Made Dinner Roll <i>BAR:</i> Noodle Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)	13 <i>Main:</i> French Dip Sandwich Roasted Peppers /Onions Caramelized Green Beans Au Jus/ Cheese Sauce <i>BAR:</i> Mexican Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)	14 <i>Main:</i> Chicken Patty on a Bun Oven Baked Waffle Fries Parmesan Cauliflower Honey Roasted Carrots <i>BAR:</i> Potato Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)	15 <i>Main:</i> Italian Dunker Cheese Bread Marinara Sauce Creamy Cole Slaw Roasted Broccoli <i>BAR:</i> Hot Dish Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)
18 <i>Main:</i> Chicken Parmesan Whole Grain Pasta Roasted Carrots <i>Vegetable of the month:</i> Garlic Green Beans <i>BAR:</i> Soup and Sandwich Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)	19 <i>Main:</i> Chicken Po'Boy Sandwich Oven Baked French Fries Creamy Cucumber Salad <i>BAR:</i> Noodle Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)	20 <i>Main:</i> Beef Meatballs in Gravy Whipped Potatoes Sweet Green Peas School Made Dinner Roll <i>BAR:</i> Mexican Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)	21 <i>Main:</i> Fish Sandwich Sweet Potato Fries Fresh Caesar Salad Honey Roasted Carrots <i>BAR:</i> Potato Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)	22 <b>No School</b>

**Offered Daily on all Serving Lines:**  
 Fresh Vegetable Sticks  
 Fresh Fruit and Fruit Sauce  
 Milk Choice

\*May contain Pork   
 # May contain nuts or peanut butter   
 Any school made item could contain any of the above, please check with Kitchen Manager at site.  
**Allergy Notice:** Products have been made in the District Kitchens or plants where milk, eggs, soy beans, tree nuts, peanuts and other

All Grains/Breads offered are a minimum of 51% Whole Grain.



Free and Reduced Meal Applications available online at [www.district279.org/fma](http://www.district279.org/fma)  
 OR  
 may be picked up at any school within District 279 or the District Office.

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## Vegetable of the Month: Green Beans

There are approximately 150 varieties of green beans throughout the world that come in all shapes and colors, even purple!

