

High School Lunch Menu May 2017

LUNCH PRICES



OALC/ACH Student "Paid" \$ 2.85
 Student "Reduced" FREE
 Student "Free" FREE
 Milk \$.50

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

Daily alternates:
 Salads/ Salad Bar
 Sandwich Variety
 Fruit and Yogurt Parfait
 Grill Line w/ Hamburger and Fries



Menu subject to change without notice.

The nutrient analysis is based on the menu as written. Alternate menu choices are available daily but are not included in the weekly menu analysis.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>2 for 1¹ Hot Dog</u> Vegetarian Chili <i>Vegetable of the Month:</i> Garlic Green Beans Mint Sweet Peas Bag of Baked Chips</p>	<p><u>Chicken Patty on a Bun²</u> (Regular or Spicy) Waffle Fries Fresh Romaine Lettuce Sliced Tomato and Onion Honey Glazed Carrots</p>	<p><u>Turkey-n- Gravy³</u> Whipped Potatoes Roasted Squash Cranberry Sauce School Made Dinner Roll Pumpkin Dessert </p>	<p><u>Italian Dunker Cheese⁴</u> Bread Marinara Sauce Roasted Broccoli Bites Romaine Lettuce Salad</p>	<p><u>Brunch for Lunch⁵</u> Turkey Sausage Links Crispy Tri Tators Creamy Cucumber Salad School Made Muffin</p>
<p><u>Pizza- School Choice⁸</u> Fresh Spinach Salad Black Bean Salad Roasted Squash</p>	<p><u>Pasta Bar⁹</u> Whole Grain Pasta Meat or Meatless Sauce Romaine Lettuce Salad California Blend Vegetables Garlic Breadstick</p>	<p><u>School Choice Menu¹⁰</u></p>	<p><u>Pulled Pork Sandwich¹¹</u> Sweet Potato Fries Whole Kernel Corn</p>	<p><u>Fish Tacos or Fish Sandwich¹²</u> Waffle Fries Creamy Coleslaw Romaine Lettuce Tomato and Onion Kellogg's Mini Rice Krispie Bar</p>
<p><u>General Tso's or Teriyaki Chicken¹⁵</u> Flatbread Seasoned Brown Rice Stir Fry Vegetables Roasted Broccoli</p>	<p><u>Brunch for Lunch¹⁶</u> Turkey Sausage Links Crispy Tri Tators Roasted Carrots Creamy Cucumber Salad School Made Muffin</p>	<p><u>Deli Sandwich¹⁷</u> School Made Soup Vegetarian Baked Beans Jicama Salad Fresh Sandwich Fixings of Romaine Lettuce, Tomatoes, Onion, and Pickles</p>	<p><u>Philly Beef or Rib B Que Sandwich¹⁸</u> Roasted Peppers and Onions Queso Cheese Sauce Waffle Fries Garlic Roasted Green Beans</p>	<p><u>Bosco Cheese Filled Breadsticks¹⁹</u> Marinara Dipping Sauce Creamy Coleslaw Roasted Broccoli Bites Beets and Sweets</p>
<p><u>Mandarin Orange or Sweet Chili Thai Chicken²²</u> Flat Bread Seasoned Brown Rice Stir Fry Vegetables Roasted Broccoli Bit  Ice Cream Treat</p>	<p><u>Pizza- School Choice²³</u> Mediterranean Pasta Salad Romaine Caesar Salad Roasted Squash</p>	<p><u>School Choice Menu²⁴</u></p>	<p><u>2 for 2 Sloppy Joes²⁵</u> Fresh Creamy Coleslaw Vegetarian Baked Beans Whole Kernel Corn Bag of Baked Chips</p>	<p><u>Mini Corn Dogs²⁶</u> School Made Soup Roasted Parmesan Broccoli and Cauliflower Roasted Carrots</p>

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



 *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 ingredients are used.

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

May 30—June 8 will be manager's choice. Please call your school for the planned menu of the day.

**Vegetable of the Month:
Green Beans**