

# OALC AND OEC May 2017

## LUNCH PRICES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 <u><i>Cheese or Pepperoni Pizza</i></u> Fresh Romaine Caesar Salad California Blend Vegetables Ice Cream Treat</p>	<p>2 <u><i>Chicken Tenders</i></u> (Regular or Spicy)  Whipped Potatoes Low Fat Gravy Sweet Green Peas School Made Dinner Roll</p>	<p>3 <u><i>Deli Sub Sandwich</i></u>  Fresh Sandwich Fixings Vegetable Pasta Salad Vegetarian Baked Beans</p>	<p>4 <u><i>Beef Taco or Chicken Fajita</i></u> <u><i>Hard or Soft Shell</i></u>  Fresh Fixings of Romaine Lettuce, Diced Tomatoes, Diced Onions, Shredded Cheese Roasted Peppers and Onions Seasoned Brown Rice Zesty Refried Beans Whole Kernel Corn</p>	<p>5 <u><i>Mini Corn Dogs Or Bosco Cheese Filled Breadsticks</i></u>  Marinara Dipping Sauce Fresh Spinach Salad Crispy Tri Tators</p>
<p>8 6 <u><i>Popcorn Chicken</i></u>  Low Fat Macaroni and Cheese Warm Garlic Breadstick Roasted Broccoli</p>	<p>9 <u><i>Asian Chicken</i></u>  Seasoned Brown Rice Stir Fry Vegetables Warm School Made Dinner Roll</p>	<p>10 <u><i>Hamburger or Turkey Burger</i></u>  Oven Crisp French Fries Vegetarian Baked Beans Fresh Burger Fixings</p>	<p>11 <u><i>Beef Taco Salad or Chicken Fajita</i></u>  Fresh Taco Fixings Roasted Peppers and Onions Shredded Cheddar Cheese Seasoned Brown Rice Whole Kernel Corn Zesty Black Beans</p>	<p>12 <u><i>Grilled Chicken or Cajun Chicken Sandwich</i></u>  Sweet Potato Fries <i>Vegetable of the Month:</i> <i>Roasted Cauliflower</i> Roasted Brussels Sprout</p>
<p>15 <u><i>Chicken Patty</i></u> (Regular or Spicy)  Vegetarian Baked Beans Oven Baked Potato Wedges</p>	<p>16 <u><i>Rib-B-Que</i></u>  Fresh Pasta Salad Garlic Roasted Green Beans Roasted Broccoli</p>	<p>17 <u><i>Bosco Cheese Filled Breadsticks</i></u>  Marinara Dipping Sauce Fresh Spinach Salad <i>Vegetable of the Month:</i> <i>Roasted Garlic Green Beans</i></p>	<p>18 <u><i>Italian Dunker Cheese Bread</i></u>  Marinara Sauce Fresh Romaine Caesar Salad Roasted Butternut Squash</p>	<p>19 <u><i>Pulled Pork Or Grilled Chicken Sandwich</i></u>  Creamy Cole Slaw Roasted Brussels Sprouts</p>
<p>22 <u><i>Cheese or Pepperoni Pizza</i></u> Fresh Romaine Caesar Salad California Blend Vegetables Ice Cream Treat</p>	<p>23 <u><i>Buffalo Chicken Wrap</i></u>  Seasoned Brown Rice Roasted Potatoes Crunchy Topped Broccoli</p>	<p>24 <u><i>Chicken Tenders</i></u> (Regular or Spicy)  Whipped Potatoes Low Fat Gravy Sweet Green Peas School Made Dinner Roll</p>	<p>25 <u><i>Beef Taco Salad or Chicken Fajita</i></u>  Fresh Taco Fixings Roasted Peppers and Onions Shredded Cheddar Cheese Seasoned Brown Rice Whole Kernel Corn Zesty Black Beans</p>	<p>26 <u><i>Mini Corn Dogs Or Fish Sandwich</i></u>  Fresh Spinach Salad Crispy Tri Tators</p>

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.

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](http://www.district279.org/fma) OR may be picked up at any school within District 279 or the District Office.**

Vegetable of the Month:  
Green Beans

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

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