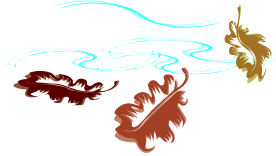




ISD 279 OSSEO AREA SCHOOLS ELEMENTARY LUNCH MENU

OCTOBER 2009

Menu subject to change without notice.



ELEMENTARY LUNCH PRICES

Elem. Student "Paid"	\$2.00
Student "Reduced"	\$.40
Student "Free"	FREE
Student's Second Lunch.....	\$2.50
Preschool Visiting Child	\$2.50
Adult	\$3.10
Milk	\$.50

Sliced Bread Offered Daily

* 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.

Free and Reduced Meal Applications may be picked up at any school within District 279 or the District Office.

In accordance with federal law and U. S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint, write USDA, Director, Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (Voice and TDD). USDA is an equal opportunity provider and employer.

MONDAY, OCTOBER 5	TUESDAY, OCTOBER 6	WEDNESDAY, OCTOBER 7	THURSDAY, OCTOBER 8	FRIDAY, OCTOBER 9
 <p>"BRUNCH FOR LUNCH"</p> <p>ALTERNATE: Hamburger on a Wheat Bun</p>	<p>Reduced Fat Macaroni & Cheese Steamed Carrots Fresh Sliced Cucumber Salad Fresh Veggie Sticks School Made Corn Muffin Assorted Fruit Choices Milk Choices</p> <p>ALTERNATE: Breaded Chicken Patty on Fresh Wheat Bun</p>	<p>Chicken Parmesan With Buttered Pasta California Blend Vegetables Fresh Veggie Sticks School Made Wheat Dinner Roll Assorted Fruit Choices Milk Choices</p> <p>ALTERNATE: Cheese Pizza</p>	<p>Low Fat Mini Corn Dogs Oven Crisp Waffle Cut Potatoes Steamed Green Beans Fresh Veggie Sticks Assorted Fruit Choices Animal Cookie Crackers Milk Choices</p> <p>ALTERNATE: Sliced Turkey on Whole Grain Bread</p>	<p>NO SCHOOL</p> <p>STAFF WORKSHOP</p> <p>ALTERNATE: Yogurt Cup with String Cheese</p>
MONDAY, OCTOBER 12	TUESDAY, OCTOBER 13	WEDNESDAY, OCTOBER 14	THURSDAY, OCTOBER 15	FRIDAY, OCTOBER 16
<p>All Star Chicken Nuggets Dipping Sauces Whipped Potatoes with Low Fat Gravy Steamed Mixed Vegetables Fresh Veggie Sticks Assorted Fruit Choices All Star Cinnamon Graham's Milk Choices</p> <p>ALTERNATE: Hamburger on a Wheat Bun</p>	<p>Beef Taco on Loco Gordita Bread Fresh Romaine Blend Greens Fiesta Seasoned Brown Rice Whole Kernel Corn Fresh Veggie Sticks Assorted Fruit Choices Milk Choices</p> <p>ALTERNATE: Breaded Chicken Patty on Fresh Wheat Bun</p>	<p>Home Made Lasagna, Choice of Meat or Vegetable Steamed Green Beans Warm School Made Garlic Bread Fresh Veggie Sticks Assorted Fruit Choices Milk Choices</p> <p>ALTERNATE: Cheese Pizza</p>	<p>NO SCHOOL</p> <p>EDUCATION MINNESOTA PROFESSIONAL CONFERENCE</p>	 <p>ALTERNATE: Yogurt Cup with String Cheese</p>
MONDAY, OCTOBER 19	TUESDAY, OCTOBER 20	WEDNESDAY, OCTOBER 21	THURSDAY, OCTOBER 22	FRIDAY, OCTOBER 23
<p>Breaded Chicken Strips Dipping Sauces Whipped Potatoes with Low Fat Gravy Steamed Mixed Vegetables School Made Wheat Dinner Roll Fresh Veggie Sticks Assorted Fruit Choices Milk Choices</p> <p>ALTERNATE: Hamburger on a Wheat Bun</p>	<p>Sloppy Joe on a Wheat Hamburger Bun Whole Kernel Corn Sliced Dill Pickles Bag of Baked Chips Fresh Veggie Sticks Assorted Fruit Choices School Made Sugar Cookie Milk Choices</p> <p>ALTERNATE: Breaded Chicken Patty on Fresh Wheat Bun</p>	<p>HISPANIC DAY Cinnamon Lime Chicken with Flour Tortilla Fiesta Seasoned Rice Mexican Cole Slaw Papita's Roasted Pumpkin Seeds Fresh Veggie Sticks Fresh Pineapple or Applesauce Banana Pudding Cup Milk Choices</p> <p>ALTERNATE: Cheese Pizza</p>	<p>Italian Dunker Cheese Bread Meat or Marinara Sauce Romaine Blend Garden Salad with Choice of Low Fat Dressings Fresh Broccoli Florettes with Low Fat Ranch Dip Fresh Veggie Sticks Assorted Fruit Choices Milk Choices</p> <p>ALTERNATE: Sliced Turkey on Whole Grain Bread</p>	<p>Popcorn Chicken Dipping Sauces Seasoned Brown Rice Blend Steamed Green Peas Warm Bread Stick Fresh Veggie Sticks Assorted Fruit Choices Milk Choice</p> <p>ALTERNATE: Yogurt Cup with String Cheese</p>
MONDAY, OCTOBER 26	TUESDAY, OCTOBER 27	WEDNESDAY, OCTOBER 28	THURSDAY, OCTOBER 29	FRIDAY, OCTOBER 30
<p>"BRUNCH FOR LUNCH"</p>  <p>ALTERNATE: Hamburger on a Wheat Bun</p>	<p>Popcorn Shrimp Fresh Sliced Cucumber Salad Steamed Carrots Fresh Veggie Sticks School Made Corn Muffin Assorted Fruit Choices Milk Choices</p> <p>ALTERNATE: Breaded Chicken Patty on Fresh Wheat Bun</p>	<p>Chicken Alfredo over Pasta California Blend Vegetables Fresh Veggie Sticks School Made French Bread Assorted Fruit Choices Milk Choices</p> <p>ALTERNATE: Cheese Pizza</p>	<p>Taco Salad/Tortilla Chips Taco Sauce and Salsa Fresh Romaine Blend Greens Fiesta Seasoned Brown Rice Black Beans Whole Kernel Corn Fresh Veggie Sticks Assorted Fruit Choices Milk Choices</p> <p>ALTERNATE: Sliced Turkey on Whole Grain Bread</p>	<p>Low Fat Mini Corn Dogs Oven Crisp Waffle Cut Potatoes Steamed Green Beans Fresh Veggie Sticks Assorted Fruit Choices Animal Cookie Crackers Milk Choices</p> <p>ALTERNATE: Yogurt Cup with String Cheese</p>

WEEKLY TOTAL NUTRITIONAL	STANDARD	ACTUAL
FOOD ENERGY (CALORIES)	664	691
IRON—mg	3.47	4.89
CALCIUM—mg	286	475.9
VITAMIN A—I.U.	1119	6641
VITAMIN C—mg	15.24	27.87
PROTEIN—Grams	9.77	32.32
% CALORIES FROM FAT	<30	23.68
FOOD ENERGY (CALORIES)	664	727
IRON—mg	3.47	4.62
CALCIUM—mg	286	570.7
VITAMIN A—I.U.	1119	7316
VITAMIN C—mg	15.24	24.38
PROTEIN—Grams	9.77	29.65
% CALORIES FROM FAT	<30	28.47
FOOD ENERGY (CALORIES)	664	724
IRON—mg	3.47	5.11
CALCIUM—mg	286	515.1
VITAMIN A—I.U.	1119	5999
VITAMIN C—mg	15.24	25.17
PROTEIN—Grams	9.77	37.16
% CALORIES FROM FAT	<30	26.25
FOOD ENERGY (CALORIES)	664	724
IRON—mg	3.47	5.39
CALCIUM—mg	286	475.2
VITAMIN A—I.U.	1119	4898
VITAMIN C—mg	15.24	29.67
PROTEIN—Grams	9.77	34.01
% CALORIES FROM FAT	<30	24.53
FOOD ENERGY (CALORIES)	664	741
IRON—mg	3.47	5.24
CALCIUM—mg	286	513.2
VITAMIN A—I.U.	1119	6618
VITAMIN C—mg	15.24	28.74
PROTEIN—Grams	9.77	31.19
% CALORIES FROM FAT	<30	27.76