

High School Lunch Menu

September 2017


LUNCH PRICES


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


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Offered Daily on all Serving Lines: Fresh Vegetable Sticks Fresh Fruit and Fruit Sauce</p>	<p>⁵ <i>Main:</i> Chicken Patty on a Bun Waffle Fries Vegetarian Baked Beans <i>BAR:</i> Salad Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>⁶ <i>Main:</i> Mini Corn Dogs Roasted Carrots Whole Kernel Corn <i>BAR:</i> Noodle Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>⁷ <i>Main:</i> Popcorn Chicken Whipped Potatoes Low Fat Gravy Roasted Broccoli <i>BAR:</i> Mexican Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>⁸ <i>Main:</i> Asian Chicken Seasoned Brown Rice Garlic Breadstick Stir Fry Vegetables Garlic Green Beans <i>BAR:</i> Hot Dish Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>
<p>¹¹ <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)</p>	<p>¹² <i>Main:</i> Chicken Tenders Whipped Potatoes Low Fat Gravy Sweet Green Peas <i>BAR:</i> Noodle Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>¹³ <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)</p>	<p>¹⁴ <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)</p>	<p>¹⁵ <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)</p>
<p>¹⁸ <i>Main:</i> 2 for 1 Beef Hot Dogs Vegetarian Chili Vegetable of the Month Roasted Squash <i>BAR:</i> Salad Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>¹⁹ <i>Main:</i> Popcorn Chicken Bowl Whipped Potatoes Low Fat Gravy Shredded Cheese Whole Kernel Corn <i>BAR:</i> Noodle Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>²⁰ <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)</p>	<p>²¹ <i>Main:</i> Chicken Patty on a Bun 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)</p>	<p>²² <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)</p>
<p>²⁵ <i>Main:</i> Chicken Parmesan Whole Grain Pasta Roasted Carrots 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)</p>	<p>²⁶ <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)</p>	<p>²⁷ <i>Main:</i> Beef Meatballs in Gravy Whipped Potatoes Sweet Green Peas <i>BAR:</i> Mexican Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>²⁸ <i>Main:</i> Fish Sandwich Sweet Potato Fries Fresh Caesar Salad <i>BAR:</i> Potato Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>²⁹ <i>Main:</i> Chicken Wrap Seasoned Brown Rice Vegetarian Baked Beans Spinach and Romaine Salad Fresh Fixings <i>BAR:</i> Breakfast Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>

Menu subject to change without notice.

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,

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

VEGETABLE OF THE MONTH: SQUASH

Did you Know? Squash has Vitamins A and C which keep your body healthy!

