

OALC AND OEC Lunch Menu

September 2017

LUNCH PRICES

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


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">NO SCHOOL LABOR DAY</p> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; width: fit-content; margin: 10px auto;"> <p align="center">Offered Daily on all Serving Lines: Fresh Vegetable Sticks Fresh Fruit and Fruit Sauce Milk Choice</p> </div>	<p align="center">5</p> <p align="center">Stuffed Crust Pizza OR Toasted Cheese Sandwich Or Salad/ Sandwich</p> <p align="center">Romaine Caesar Salad Garlic Green Beans</p>	<p align="center">6</p> <p align="center">Hamburger OR Turkey Burger Or Salad/ Sandwich</p> <p align="center">Oven Baked Twister Fries Potato Crunch Broccoli Fresh Burger Fixings of Romaine, Tomatoes, Onion, Pickles</p>	<p align="center">7</p> <p align="center">Beef or Chicken Taco OR Cheese Pizza OR Salad/ Sandwich</p> <p align="center">Soft Tortilla or Hard Shell Seasoned Brown Rice Refried Beans Whole Kernel Corn Fresh Taco Fixings of Romaine, Diced Tomatoes, Diced onions, Jalapeno Peppers</p>	<p align="center">8</p> <p align="center">Mini Corn Dogs OR Fish Sandwich OR Salad/ Sandwich</p> <p align="center">Oven Baked Fries Ice Cream Treat</p>
<p align="center">11</p> <p align="center">Chicken Tenders- Regular or Spicy OR Fish Nuggets OR Salad/ Sandwich</p> <p align="center">School Made Dinner Roll Whipped Potatoes Low Fat Gravy Sweet Peas</p>	<p align="center">12</p> <p align="center">Asian Chicken OR Hot Turkey Ham and Cheese Sandwich OR Salad/ Sandwich</p> <p align="center">Seasoned Brown Rice Garlic Breadstick Stir Fry Vegetables</p>	<p align="center">13</p> <p align="center">Italian Dunkers OR Corn Dog OR Salad/ Sandwich</p> <p align="center">Chipotle Caesar Cauliflower Salad Romaine Lettuce Salad</p>	<p align="center">14</p> <p align="center">Beef or Chicken Taco Salad OR Cheese Pizza OR Salad/ Sandwich</p> <p align="center">Tortilla Chips Seasoned Brown Rice Black Beans Whole Kernel Corn Fresh Taco Fixings of Romaine, Diced Tomatoes, Diced onions, Jalapeno Peppers</p>	<p align="center">15</p> <p align="center">BBQ Pork Sandwich OR Grilled Chicken Sandwich OR Salad/ Sandwich</p> <p align="center">Sweet Potato Fries</p>
<p align="center">18</p> <p align="center">Chicken Patty on a Bun OR Corn Dog OR Salad/ Sandwich</p> <p align="center">Potato Crunch Broccoli</p>	<p align="center">19</p> <p align="center">Brunch for Lunch OR Hot Turkey Ham and Cheese OR Salad/ Sandwich</p> <p align="center">Oven Baked Tri Tators Roasted Carrots</p>	<p align="center">20</p> <p align="center">Popcorn Chicken OR Macaroni and Cheese OR Salad/ Sandwich</p> <p align="center">Garlic Breadstick Roasted Broccoli</p>	<p align="center">21</p> <p align="center">Beef or Chicken Taco OR Cheese Pizza OR Salad/ Sandwich</p> <p align="center">Soft Tortilla or Hard Shell Seasoned Brown Rice Refried Beans Whole Kernel Corn Fresh Taco Fixings of Romaine, Diced Tomatoes, Diced onions, Jalapeno Peppers</p>	<p align="center">22</p> <p align="center">Grilled Chicken Sandwich OR Fish Sandwich OR Salad/ Sandwich</p> <p align="center">Oven Baked Fries Roasted Brussels Sprouts School Baked Cookie</p>
<p align="center">25</p> <p align="center">Chicken Tender Wrap OR Beef Rib-B-Que OR Salad/ Sandwich</p> <p align="center">Roasted Cauliflower Sweet Potato Fries</p>	<p align="center">26</p> <p align="center">Asian Chicken OR Shredded Pork OR Salad/ Sandwich</p> <p align="center">Seasoned Brown Rice Garlic Breadstick Stir Fry Vegetables</p>	<p align="center">27</p> <p align="center">Deli Sandwich OR Meatball Sub w/ Marinara OR Salad/ Sandwich</p> <p align="center">Vegetarian Baked Beans Roasted Broccoli Fresh Fixings of Romaine, Tomatoes, Onion, Pickles</p>	<p align="center">28</p> <p align="center">Beef or Chicken Taco Salad OR Cheese Pizza OR Salad/ Sandwich</p> <p align="center">Tortilla Chips Seasoned Brown Rice Black Beans Whole Kernel Corn Fresh Taco Fixings of Romaine, Diced Tomatoes, Diced onions, Jalapeno Peppers</p>	<p align="center">29</p> <p align="center">Philly Beef Sandwich OR Grilled Chicken Sandwich OR Salad/ Sandwich</p> <p align="center">Sweet Potato Fries Roasted Peppers and Onions Queso Cheese Sauce</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,

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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.