

OALC AND OEC January 2017

LUNCH PRICES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	<p>3 <u>Asian Chicken</u></p> <p>Seasoned Brown Rice Stir Fry Vegetables Warm School Made Dinner Roll</p>	<p>4 <u>Hamburger or Turkey Burger</u></p> <p>Oven Crisp French Fries Vegetarian Baked Beans Fresh Burger Fixings</p>	<p>5 <u>Beef Taco Salad or Chicken Fajita</u> <u>Soft Shell or Tortilla Chips</u></p> <p>Fresh Taco Fixings Roasted Peppers and Onions Shredded Cheddar Cheese Whole Kernel Corn Refried Beans Seasoned Brown Rice</p>	<p>6 <u>Grilled Chicken Patty or Cajun Chicken on a Bun</u></p> <p>Sweet Potato Fries Roasted Brussels Sprouts</p>	
<p>9 <u>Chicken Patty on a Bun</u> <u>(Regular or Spicy)</u></p> <p>Lettuce and Tomato Vegetarian Baked Beans Oven Crisp Potato Wedges</p>	<p>10 <u>Rib-B-Que Sandwich</u></p> <p>Vegetable Pasta Salad Garlic Roasted Green Beans Roasted Broccoli</p>	<p>11 <u>School Planned Menu</u></p>	<p>12 <u>Italian Dunker Cheese Bread</u></p> <p>Marinara Sauce Fresh Romaine Caesar Salad Roasted Butternut Squash</p>	<p>13 <u>Pulled Pork Sandwich Or Grilled Chicken Sandwich</u></p> <p>Creamy Cole Slaw Roasted Brussels Sprouts</p>	
<p>16 <u>No School Today</u></p>	<p>17 <u>Buffalo Chicken Wrap</u></p> <p>Seasoned Brown Rice Roasted Potatoes Crunchy Topped Broccoli</p>	<p>18 <u>Chicken Tenders</u></p> <p>Whipped Potatoes Low Fat Gravy Sweet Tender Green Peas Warm School Made Dinner Roll Roasted Carrots</p>	<p>19 <u>Beef Taco or Chicken Fajita</u> <u>Hard or Soft Shell</u></p> <p>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>20 <u>Mini Corn Dogs Or Fish Sandwich</u></p> <p>Fresh Spinach Salad Crispy Tri Tators</p>	
<p>23 <u>Popcorn Chicken</u></p> <p>Macaroni and Cheese Warm Garlic Breadstick Roasted Broccoli</p>	<p>24 <u>Asian Chicken</u></p> <p>Seasoned Brown Rice Stir Fry Vegetables Warm School Made Dinner Roll</p>	<p>25 <u>Hamburger or Turkey Burger</u></p> <p>Oven Crisp French Fries Vegetarian Baked Beans Fresh Burger Fixings</p>	<p>26 <u>Beef Taco Salad or Chicken Fajita</u></p> <p>Fresh Taco Fixings Roasted Peppers and Onions Shredded Cheddar Cheese Seasoned Brown Rice Whole Kernel Corn Zippy Refried Beans</p>	<p>27 <u>Grilled Chicken Patty or Cajun Chicken on a Bun</u></p> <p>Sweet Potato Fries Roasted Brussels Sprouts</p>	
<p>30 <u>No School Today</u></p>	<p>31 <u>Brunch for Lunch</u> <u>Featuring Pancakes or Waffles</u></p> <p>Turkey Sausage Links Tri Tators</p>	<p>Vegetable of the Month: Sweet Green Peas</p>			<p>Offered Daily on all Serving Lines: Fresh Vegetable Sticks Fresh Fruit and Fruit Sauce Milk Choice</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.

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, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (866) 632-9992 (Voice and TDD). USDA is an equal opportunity provider and employer.

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.