

High School Lunch Menu

March 2017

LUNCH PRICES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 School Choice Menu	2 <u>2 for 2 Sloppy Joes</u> Fresh Creamy Coleslaw Whole Kernel Corn Bag of Baked Chips	3 <u>Pizza- School Choice</u> Mediterranean Pasta Salad Romaine Caesar Salad Bean Salad Roasted Squash
6 <u>Chicken Fajita</u> Soft Tortilla or Flatbread Roasted Peppers and Onions Seasoned Brown Rice Romaine Lettuce Diced Tomatoes Shredded Cheese Refried Beans Whole Kernel Corn	7 <u>Pasta Bar</u> Meat or Meatless Sauce Choices Garlic Bread Stick Fresh Spinach Salad California Blend Vegetables	8 <u>Chicken Tenders</u> Whipped Potatoes Low Fat Gravy School Made Dinner Roll Roasted Brussels Sprouts Roasted Carrots	9 <u>Beef Rib-B-Oue or Philly Beef Sandwich</u> Roasted Peppers and Onions Queso Cheese Sauce Sweet Potato Fries Spanish Roasted Cauliflower Kellogg's Mini Rice Krispie Treat	10 <u>No School Today</u>
13 <u>Sweet and Sour Chicken</u> Seasoned Brown Rice Roasted Peppers and Onions Garlic Roasted Green Beans School Made Dinner Roll	14 <u>Chicken Parmesan</u> Whole Grain Pasta Marinara Sauce Sweet Potato Fries Fresh Spinach Salad Garlic Bread Stick	15 <u>Taco Salad</u> Tortilla Chips Fresh Romaine Lettuce Diced Tomatoes, Chopped Onion, Jalapeno Peppers Seasoned Brown Rice Zippy Refried Beans Whole Kernel Corn	16 <u>Buffalo Chicken</u> Soft Tortilla Shell or Flatbread Seasoned Brown Rice Romaine Lettuce Diced Tomatoes Chipotle Caesar Cauliflower Salad School Made Cookie	17 <u>Bosco Cheese Filled Breadsticks</u> Marinara Dipping Sauce Mediterranean Pasta Salad Romaine Caesar Salad Roasted Squash
20 <u>2 for 1 Hot Dogs</u> Vegetarian Chili Mint Sweet Peas Roasted Green Beans Bag of Baked Chips	21 <u>Chicken Patty on a Bun (Regular or Spicy)</u> Waffle Fries Fresh Romaine Lettuce Sliced Tomato and Onion <i>Vegetable of the Month: Honey Glazed Carrots</i>	22 <u>Turkey-N-Gravy</u> Whipped Potatoes Cranberry Sauce Roasted Squash School Made Dinner Roll	23 <u>Brunch for Lunch</u> Turkey Sausage Links Crispy Tri Tators Creamy Cucumber Salad School Made Muffin	24 <u>Italian Dunker Cheese Bread</u> Marinara Sauce Roasted Broccoli Bites Romaine Lettuce Salad

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.

No School March 27- March 31
For Spring Break
School Resumes Monday April 3, 2017

Offered Daily on all Serving Lines:

Fresh Vegetable Sticks
Fresh Fruit and Fruit Sauce
Milk Choice

Daily alternates:
Salads/ Salad Bar
Sandwich Variety
Fruit and Yogurt Parfait
Grill Line w/ Hamburger and Fries

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.

Vegetable of the Month:
Carrots