OSSEO AREA SCHOOLS

ISD 279

High School Lunch Menu
April 2017

LUNCH PRICES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 ***General Tso's or Teriyaki Chicken*** Stir Fry Vegetables Roasted Broccoli Bites Seasoned Brown Rice Flatbread	4 ***Brunch for Lunch*** Turkey Sausage Links Crispy Tri Tators Creamy Cucumber Salad Roasted Carrots School Made Muffins	5 ***Deli Sandwich*** *(Meat or Vegetable)* Fresh Sandwich Fixings School Made Soup Vegetarian Baked Beans Crunchy Jicama Salad	6 ***Beef Rib-B-Que or Philly Beef Sandwich*** Queso Cheese Sauce Roasted Peppers and Onions Waffle Fries Roasted Garlic Green Beans	7 ***Bosco Cheese Filled Breadsticks*** Marinara Dipping Sauce Creamy Coleslaw Roasted Broccoli Bites Beets and Sweets
10 ***Mandarin Orange or Sweet Chili Thai Chicken*** Stir Fry Vegetables Roasted Broccoli Bites Seasoned Brown Rice Flatbread	11 ***Pizza– School Choice*** Mediterranean Pasta Salad Romaine Caesar Salad Roasted Squash Kellogg's Mini Rice Krispie-Bar	12 School Choice Menu	13 ***2 for 1 Sloppy Joes*** Creamy Coleslaw Vegetarian Baked Beans Whole Kernel Corn Bag of Baked Chips	14 ***No School Today***
17 ***Chicken Fajitas*** Soft Tortilla or Flatbread Seasoned Brown Rice Roasted Peppers and Onions Romaine Lettuce Diced Tomatoes Zippy Refried Beans Whole Kernel Corn	18 ***Pasta Bar*** Marinara Sauce Garlic Bread Stick Fresh Tender Spinach Salad California Blend Vegetables	19 ***Chicken Tenders*** Whipped Potatoes Low Fat Gravy Roasted Brussels Sprouts Roasted Carrots School Made Dinner Roll	20 ***Beef Rib-B-Que or Philly Beef Sandwich*** Queso Cheese Sauce Roasted Peppers and Onions Oven Baked Curly Fries Spanish Roasted Cauliflower	21 ***Chicken Patty on a Bun*** *(Regular or Spicy)* Oven Baked Waffle Fries Romaine Shredded Lettuce Slice Tomato and Onion Roasted Squash
24 ***No School Today***	25 ***Pizza– School Choice*** Mediterranean Pasta Salad Romaine Caesar Salad Roasted Squash	26 ***Chicken Parmesan*** Whole Grain Pasta Marinara Sauce Sweet Potato Fries Fresh Spinach Salad Garlic Breadstick	27 ***Taco Salad*** Tortilla Chips Romaine Lettuce Diced Tomatoes, Chopped Onion, Jalapeno Peppers Refried Beans Whole Kernel Corn	28 ***Buffalo Chicken*** Soft Tortilla or Flatbread Seasoned Brown Rice Fresh Romaine Lettuce Chopped Tomatoes and onions Chipotle Caesar Cauliflower Salad School Made Cookie

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.

LOOK FOR WHOLE GRAIN WholeGrainsCouncil.org

*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.

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

Vegetable of the Month:
Cauliflower