

Middle School Lunch Menu

April , 2017

LUNCH PRICES

OALC/ACH Student "Paid".....	\$ 2.70
Student "Reduced".....	FREE
Student "Free".....	FREE
Milk.....	\$.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>³ <u>Sloppy Joe or Fish Sandwich on a Bun</u></p> <p>Oven Baked French Fries Bean Salad Roasted Green Beans</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p>⁴ <u>Sweet and Sour Chicken</u></p> <p>Stir Fry Vegetables Roasted Peppers and Onions <i>Vegetable of the Month: Roasted Cauliflower</i> Seasoned Brown Rice</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p>⁵ <u>Italian Dunker Cheese Bread</u></p> <p>Marinara Sauce Potato Crunch Broccoli Roasted Squash</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p>⁶ <u>Chicken Fajitas</u></p> <p>Whole Grain Soft Tortilla Roasted Peppers and Onions Seasoned Brown Rice Fresh Romaine Lettuce Fresh Fixings Zesty Black Beans Whole Kernel Corn</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p>⁷ <u>Bosco Cheese Filled Breadsticks</u></p> <p>Marinara Dipping Sauce Creamy Coleslaw Roasted Broccoli Bites Beets and Sweets</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>
<p>¹⁰ <u>Pizza- School Choice</u></p> <p>Zippy Bean Salad California Blend Vegetables Roasted Carrots Kellogg's Mini Rice Krispie Treat</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p>¹¹ <u>Chicken Tender Wrap</u></p> <p>Seasoned Brown Rice Fresh Romaine Lettuce Fresh Fixings Whole Kernel Corn Roasted Brussels Sprouts</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p>¹² <u>Philly Beef Sandwich</u></p> <p>Roasted Peppers and Onions Queso Cheese Sauce Oven Baked Waffle Fries Roasted Broccoli Bites</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p>¹³ <u>Popcorn Chicken</u></p> <p>Whipped Potatoes Low Fat Gravy Beets and Sweets Warm Whole Grain Dinner Roll</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p>¹⁴ No School Today</p>
<p>¹⁷ <u>Chicken Patty on a Bun</u></p> <p>Fresh Fixings Sweet Potato Fries California Blend Vegetables</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p>¹⁸ <u>Brunch for Lunch</u></p> <p>Crispy Tri Tators Roasted Carrots Fresh Baked Apple Crisp</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p>¹⁹ <u>Spaghetti</u></p> <p>Meat or Marinara Sauce School Made Garlic Bread Roasted Green Beans Creamy Coleslaw</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p>²⁰ <u>Taco Salad</u></p> <p>Tortilla Chips Fresh Romaine Lettuce Shredded Cheese, Diced Tomatoes, Diced Onion, Jalapeno Peppers Seasoned Brown Rice Refried Beans Whole Kernel Corn</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p>²¹ <u>Deli Sandwich</u></p> <p>Fresh Sandwich Fixings Vegetarian Baked Beans Broccoli Salad Bag of Baked Chips</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>
<p>²⁴ No School Today</p>	<p>²⁵ <u>Hamburger on a Bun</u></p> <p>Fresh Burger Fixings Oven Baked French Fries Vegetarian Baked Beans Roasted Garlic Green Beans</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p>²⁶ <u>Mini Corn Dogs</u></p> <p>School Made Soup California Blend Vegetables Sweet Green Peas</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p>²⁷ <u>Italian Dunker Cheese Bread</u></p> <p>Marinara Sauce Potato Crunch Broccoli Roasted Squash</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p>²⁸ <u>Chicken Tenders</u></p> <p>Whipped Potatoes Low Fat Gravy School Made Dinner Roll Roasted Brussels Sprouts</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</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.

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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.

Offered Daily on all Serving Lines:
Fresh Vegetable Sticks
Fresh Fruit and Fruit Sauce
Milk Choice

Vegetable of the Month:
Cauliflower