

# Middle School Lunch Menu

## May , 2017

### LUNCH PRICES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> <u>Pizza- School Choice</u></p> <p>Zippy Bean Salad California Blend Vegetables Roasted Carrots</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p><b>2</b> <u>Beef Hot Dogs (2 for 1)</u></p> <p>Vegetarian Chili Whole Kernel Corn</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p><b>3</b> <u>Turkey N Gravy</u></p> <p>Whipped Potatoes Cranberry Sauce <i>Vegetable of the Month:</i> Roasted Green Beans Roasted Squash School Made Dinner Roll</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p><b>4</b> <u>Popcorn Chicken</u></p> <p>Sweet Potato Fries Fresh Crunchy Cucumber Salad School Made Dinner Roll</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p><b>5</b> <u>Teriyaki Chicken</u></p> <p>Fresh Spinach Salad Stir Fry Vegetables Seasoned Brown Rice Warm Breadstick</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>
<p><b>8</b> <u>Chicken Patty on a Bun</u></p> <p>Sweet Potato Fries Fresh Fixings Vegetarian Baked Beans California Blend Vegetables</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p><b>9</b> <u>Kitchen Manager Choice</u></p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p><b>10</b> <u>Bosco</u> <u>Cheese Filled Breadsticks</u></p> <p>Marinara Sauce Romaine Caesar Salad Roasted Green Beans Kellogg's Mini Rice Krispie Bar</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p><b>11</b> <u>Taco Salad</u></p> <p>Tortilla Chips Romaine Lettuce Taco Fixings of Shredded Cheese, Diced Tomatoes, Diced Onion, Jalapeno Peppers Seasoned Brown Rice Zippy Refried Beans Whole Kernel Corn</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p><b>12</b> <u>Toasted Cheese Sandwich</u></p> <p>Creamy Tomato Soup Fresh Broccoli Salad Steamed Carrots</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>
<p><b>15</b> <u>Sloppy Joe on a Bun</u> <u>Or Fish Sandwich</u></p> <p>Oven Baked French Fries Roasted Garlic Green Beans Fresh Bean Salad</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p><b>16</b> <u>Sweet and Sour Chicken</u></p> <p>Roasted Peppers and Onions Stir Fry Vegetables Roasted Cauliflower Seasoned Brown Rice</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p><b>17</b> <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><b>18</b> <u>Chicken Fajitas</u></p> <p>Roasted Peppers and Onions Romaine Lettuce Diced Tomatoes, Diced Onions, Shredded Cheese Black Beans Whole Kernel Corn Seasoned Brown Rice</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p><b>19</b> <u>Chicken Tenders</u></p> <p>Whipped Potatoes Low Fat Gravy Roasted Brussels Sprouts School Made Dinner Roll</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>
<p><b>22</b> <u>Pizza- School Choice</u></p> <p>Zippy Bean Salad California Blend Vegetables Roasted Carrots</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p><b>23</b> <u>Chicken Tender Wrap</u></p> <p>Seasoned Brown Rice Romaine Lettuce Roasted Brussels Sprouts Whole Kernel Corn</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p><b>24</b> <u>Philly Beef Sandwich</u></p> <p>Roasted Peppers and Onions Queso Cheese Sauce Oven Baked Waffle Fries Roasted Broccoli</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p><b>25</b> <u>Popcorn Chicken</u></p> <p>Whipped Potatoes Low Fat Gravy Beets and Sweet's Roasted Broccoli</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p><b>26</b> <u>Orange Chicken</u></p> <p>Fresh Spinach Salad Stir Fry Vegetables Seasoned Brown Rice Warm Breadstick</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](http://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

May 30—June 8 will be manager's choice. Please call your school for the planned menu of the day.

Vegetable of the Month:  
Green Beans