

Middle School Lunch Menu



January 2018

Menu subject to change without notice.

LUNCH PRICES	
Elem. Student "Paid"	\$ 2.70
Student "Reduced"	FREE
Student "Free"	FREE
Milk	\$.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>3 Stuffed Crust Pizza OR Mozzarella Sticks</p> <p>Roasted Carrots Fresh Romaine Salad</p>	<p>4 Mandarin Orange Chicken OR Ranchero Pizza</p> <p>Seasoned Brown Rice Warm Garlic Breadstick Stir Fry Vegetables Romaine Vegetable Salad</p>	<p>5 2 for 1 Beef Hot Dogs OR Chicken Po'Boy Sandwich</p> <p>Whole Kernel Corn Roasted Squash Vegetarian Baked Beans Mini Brownie</p>
<p>8 Chicken Patty on a Bun OR Hamburger on a Bun</p> <p>Sweet Potato Fries Roasted Cauliflower Fresh Sandwich Fixings of Lettuce, Tomato, Onion and Pickles</p>	<p>9 Mini Corn Dogs OR Pizza</p> <p>School Made Soup Roasted Squash Potato Crunch Broccoli</p>	<p>10 Chicken Tenders OR Individual Pizza</p> <p>Whipped Potatoes Low Fat Gravy School Made Dinner Roll Mint Sweet Peas</p>	<p>11 Beef Walking Tacos</p> <p>Seasoned Brown Rice Bag of Chips or Soft Tortilla Fresh Fixings of Romaine, Diced Tomatoes, Diced Onion and Jalapeno Peppers Whole Kernel Corn Zesty Refried Beans</p>	<p>12 French Toast Sticks w/ Sausage OR Corn Dog</p> <p>Oven Baked Tri Tators Roasted Carrots</p>
<p>15 No School Today</p>	<p>16 Sweet and Sour Chicken OR Sichuan Chicken</p> <p>Seasoned Brown Rice Warm Garlic Breadstick Stir Fry Vegetables Romaine Vegetable Salad</p>	<p>17 Spaghetti with Meat Sauce OR Chicken Parmesan</p> <p>Spaghetti Noodles Warm French Bread Slice Roasted Brussels Sprouts California Blend Vegetables</p>	<p>18 Philly Beef Sandwich OR Turkey Pretzel Sandwich</p> <p>Roasted Peppers and Onions Queso Cheese Sauce Sweet Potato Fries Vegetable of the Month: Coconut Curry Beans School Made Cookie#</p>	<p>19 Italian Dunkers OR Spicy Chicken Patty</p> <p>Roasted Parmesan Cauliflower Roasted Squash Romaine Vegetable Salad</p>
<p>22 Hamburger on a Bun OR Fish Patty on a Bun</p> <p>Oven Baked Twister Fries Candied Sweet Potatoes Fresh Sandwich Fixings of Lettuce, Tomato, Onion and Pickles</p>	<p>23 French Toast Sticks w/ Sausage OR Corn Dog</p> <p>Oven Baked Tri Tators Roasted Carrots Warm Apple Crisp</p>	<p>24 Chicken or Shredded Pork * Fajitas</p> <p>Soft Tortilla Roasted Peppers and Onions Seasoned Brown Rice Shredded Cheese Fresh Romaine Lettuce Whole Kernel Corn Black Beans</p>	<p>25 Toasted Cheese Sandwich OR Grilled Chicken Sandwich</p> <p>Creamy Tomato Soup Cucumber Salad Roasted Broccoli</p>	<p>26 Chicken Tenders OR Individual Pizza</p> <p>Whipped Potatoes Low Fat Gravy School Made Dinner Roll California Blend Vegetables</p>
<p>29 No School Today</p>	<p>30 2 for 1 Beef Hot Dogs OR Chicken Po'Boy Sandwich</p> <p>Whole Kernel Corn Roasted Squash Vegetarian Baked Beans</p>	<p>31 Popcorn Chicken OR Beef All American Burger</p> <p>Twister Fries Garlic Green Beans Sliced Pickles</p>		

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

*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,

All Grains/Breads offered are a minimum of 51% Whole Grain.



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.

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Vegetable of the Month: Beans
 This month we are featuring Chef Jojo's Coconut Curry Beans, an East African influenced dish