


●ALC and ●EC Lunch Menu

February 2018

Menu subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1 Beef or Chicken Taco OR Cheese Pizza OR Salad/ Sandwich</p> <p>Soft Tortilla or Hard Shell Seasoned Brown Rice Refried Beans Whole Kernel Corn Fresh Taco Fixings</p>	<p>2 Mini Corn Dogs OR Fish Sandwich OR Salad/ Sandwich</p> <p>Oven Baked Tri Tators Roasted Broccoli Ice Cream Treat #</p>
<p>5 Chicken Tenders OR Fish Nuggets OR Salad/ Sandwich</p> <p>Whipped Potatoes Low Fat Gravy School Made Dinner Roll Sweet Peas</p>	<p>6 Asian Chicken OR Hot Turkey Ham and Cheese Sandwich OR Salad/ Sandwich</p> <p>Seasoned Brown Rice School Made Dinner Roll Stir Fry Vegetables</p>	<p>7 Italian Dunkers OR Corn Dog OR Salad/ Sandwich</p> <p><i>Vegetable of the Month:</i> <i>Parmesan Cauliflower</i> w/ Soy Sauce Romaine Lettuce Salad</p>	<p>8 Beef or Chicken Taco Salad OR Cheese Pizza OR Salad/ Sandwich</p> <p>Tortilla Chips Seasoned Brown Rice Black Beans Whole Kernel Corn Fresh Taco Fixings</p>	<p>9 BBQ Pork Sandwich * OR Grilled Chicken Sandwich OR Salad/ Sandwich</p> <p>Sweet Potato Fries Creamy Cole Slaw Buffalo Cauliflower</p>
<p>12 Chicken Patty on a Bun OR Corn Dog OR Salad/ Sandwich</p> <p>Scalloped Potatoes Potato Crunch Broccoli</p>	<p>13 Brunch for Lunch OR Hot Turkey Ham and Cheese OR Salad/ Sandwich</p> <p>Oven Baked Tri Tators Roasted Carrots</p>	<p>14 Popcorn Chicken Or Shrimp Poppers OR Macaroni and Cheese OR Salad/ Sandwich</p> <p>Garlic Breadstick Savory Green Beans and Onions</p>	<p>15 Beef or Chicken Taco OR Cheese Pizza OR Salad/ Sandwich</p> <p>Soft Tortilla or Hard Shell Seasoned Brown Rice Refried Beans Whole Kernel Corn Fresh Taco Fixings</p>	16
19	<p>20 Asian Chicken OR Shredded Pork * OR Salad/ Sandwich</p> <p>Seasoned Brown Rice School Made Dinner Roll Stir Fry Vegetables Sweet Green Peas</p>	<p>21 Deli Sandwich OR Meatball Sub w/ Marinara OR Salad/ Sandwich</p> <p>Vegetarian Baked Beans Roasted Broccoli Fresh Fixings of Romaine, Tomatoes, Onion, Pickles</p>	<p>22 Beef or Chicken Taco Salad OR Cheese Pizza OR Salad/ Sandwich</p> <p>Tortilla Chips Seasoned Brown Rice Black Beans Whole Kernel Corn Fresh Taco Fixings</p>	<p>23 Philly Beef Sandwich OR Fish Sandwich OR Salad/ Sandwich</p> <p>Roasted Peppers and Onions Queso Cheese Sauce Sweet Potato Fries Coconut Curry Beans</p>
<p>26 Stuffed Crust Pizza OR Corn Dog Or Salad/ Sandwich</p> <p>Romaine Caesar Salad Roasted Broccoli</p>	<p>27 Popcorn Chicken OR Beef Meatballs OR Salad/ Sandwich</p> <p>Whipped Potatoes Low Fat Gravy School Made Dinner Roll Garlic Green Beans</p>	<p>28 Hamburger OR Turkey Burger Or Salad/ Sandwich</p> <p>Oven Baked Twister Fries Vegetarian Baked Beans Fresh Burger Fixings</p>		

LUNCH PRICES

Elem. Student "Paid"\$ 2.85
 Student "Reduced"FREE
 Student "Free".....FREE
 Milk.....\$.50

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

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

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*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.

Recipe of the Month:
Chef Salimatu's West African inspired
Parmesan Cauliflower with Soy Sauce