

# ISD 279 OSSEO AREA SCHOOLS ELEMENTARY LUNCH MENU JANUARY 2012




### ELEMENTARY LUNCH PRICES

Elem. Student "Paid" .....	\$2.05
Student "Reduced" .....	\$ .40
Student "Free" .....	FREE
Student's Second Lunch .....	\$2.60
Preschool Visiting Child .....	\$2.60
Adult .....	\$3.15
Milk .....	\$ .50

### FUN FOOD FACT

The first carrot grown was purple. In the 16<sup>th</sup> century, the Dutch made orange carrots by breeding pale yellow ones with red ones.

MONDAY, JAN. 9	TUESDAY, JAN. 10	WEDNESDAY, JAN. 11	THURSDAY, JAN. 12	FRIDAY, JAN. 13
<b>Teriyaki Chicken</b> Seasoned Brown Rice Stir Fry Vegetables Fresh Veggie Sticks Whole Grain Rich Bread Stick Assorted Fruit Choices Milk Choices  ALTERNATE: Hamburger on a Wheat Bun	<b>Hot Turkey Ham &amp; Cheese</b> Whole Grain Sandwich School Made Soup Romaine Blend Garden Salad Sliced Beets Fresh Veggie Sticks Fresh Fruit and Sauce Choices Milk Choices  ALTERNATE: Breaded Chicken Patty on Fresh Wheat Bun	<b>School Made Lasagna</b> Fresh Carrot Sticks Steamed Green Beans Whole Grain Rich French Bread Fresh Veggie Sticks Assorted Fruit Choices Milk Choices  ALTERNATE: Cheese Pizza	<b>California Burger on a</b> Whole Grain Rich Bun Garden Fresh Fixings Oven Crisp Fries California Blend Vegetables Vegetarian Baked Beans Fresh Veggie Sticks Fresh Fruit and Sauce Choices Milk Choices  ALTERNATE: Sliced Turkey on Whole Grain Bread	<b>Pizza—Cheese or Pepperoni</b> Whole Kernel Corn Romaine Blend Garden Salad Fresh Veggie Sticks Fresh Fruit and Sauce Choices Milk Choices  ALTERNATE: Yogurt Cup with String Cheese
MONDAY, JAN. 16	TUESDAY, JAN. 17	WEDNESDAY, JAN. 18	THURSDAY, JAN. 19	FRIDAY, JAN. 20
<b>NO SCHOOL</b>  <b>MARIN LUTHER KING JR. DAY</b>  ALTERNATE: Hamburger on a Wheat Bun	<b>Sloppy Joe on a</b> Whole Grain Rich Bun Oven Crisp Fries Steamed Green Beans Fresh Veggie Sticks Assorted Fruit Choices Milk Choices  ALTERNATE: Breaded Chicken Patty on Fresh Wheat Bun	<b>NUTRITION MANAGERS CHOICE DAY</b>  ALTERNATE: Cheese Pizza	<b>Beef Gordito</b> Fiesta Seasoned Rice Black Beans Fresh Veggie Sticks Fresh Fruit and Sauce Choices Churro Cookie Milk Choices  ALTERNATE: Sliced Turkey on Whole Grain Bread	<b>Popcorn Chicken</b> Seasoned Brown Rice Stir Fry Vegetable Whole Grain Rich Bread Stick Fresh Veggie Sticks Fresh Fruit and Sauce Choices Milk Choices  ALTERNATE: Yogurt Cup with String Cheese
MONDAY, JAN. 23	TUESDAY, JAN. 24	WEDNESDAY, JAN. 25	THURSDAY, JAN. 26	FRIDAY, JAN. 27
<b>Low Fat Mini Corn Dogs</b> Cold Vegetable Salad Steamed Green Beans Fresh Veggie Sticks Assorted Fruit Choices Milk Choices  ALTERNATE: Hamburger on a Wheat Bun	<b>"BRUNCH FOR LUNCH"</b>  ALTERNATE: Breaded Chicken Patty on Fresh Wheat Bun	<b>Chicken Parmesan over</b> Whole Grain Pasta Steamed Carrots School Made Whole Grain Rich Dinner Roll Fresh Veggie Sticks Assorted Fruit Choices Milk Choices  ALTERNATE: Cheese Pizza	<b>Taco Salad/Tortilla Chips</b> Taco Sauce and Salsa Fresh Romaine Blend Greens Fiesta Seasoned Brown Rice Whole Kernel Corn Black Beans Fresh Veggie Sticks Assorted Fruit Choices Milk Choices  ALTERNATE: Sliced Turkey on Whole Grain Bread	<b>NO SCHOOL</b> <b>STAFF WORKSHOP</b>  ALTERNATE: Yogurt Cup with String Cheese
MONDAY, JAN. 30	TUESDAY, JAN. 31	<b>Free and Reduced Meal Applications available online:</b> <a href="http://www.district279.org/parents/LunchMenus/ReducedMeals.cfm">http://www.district279.org/parents/LunchMenus/ReducedMeals.cfm</a> <b>Or you may pick up an application at any school within District 279, the Enrollment Center, or the Educational Service Center.</b>		
<b>Teriyaki Chicken</b> Fried Brown Rice Seasoned Stir Fry Vegetables Whole Grain Rich Bread Stick Fresh Veggie Sticks Assorted Fruit Choices Milk Choices  ALTERNATE: Hamburger on a Wheat Bun	<b>Toasted Cheese Sandwich</b> <i>Campbell's</i> Tomato Soup Sliced Beets Garden Spinach Salad Fresh Veggie Sticks Assorted Fruit Choices Milk Choices  ALTERNATE: Breaded Chicken Patty on Fresh Wheat Bun			




**Sliced Whole Grain Bread Offered Daily**


**Menu is subject to change without notice.**


The nutrient analysis information is available on the District 279 website.  
  
 This information is based on the menu as written. Alternate menu choices may be available daily but are not included in the weekly menu analysis. For information regarding "Manager Choice" days please contact the Kitchen Manager at the school.



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, Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (Voice and TDD). USDA is an equal opportunity provider and employer.

 Whole Grain Rich

 \* May contain Pork

 # May contain nuts or peanut butter

Any school made item could contain any of the above, please check with the Kitchen Manager at site if you have ingredient questions

**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.