

ISD 279 OSSEO AREA SCHOOLS JUNIOR HIGH LUNCH MENU JANUARY 2012



JUNIOR HIGH LUNCH PRICES	
Jr. High. Student "Paid"	\$2.15
Student "Reduced"	\$.40
Student "Free".....	FREE
Student's Second Lunch	\$2.60
Adult	\$3.15
Milk	\$.50

FUN FOOD FACT

The first carrot grown was purple. In the 16th 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
Choice of Breaded, Hot & Spicy or Glazed Unbreaded Chicken Patty on a Whole Grain Rich Bun Garden Fresh Fixings Sweet Potato Fries Steamed Broccoli Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Philly Beef on a Whole Wheat Rich Hoagie Bun Warm Cheese Sauce Sliced Peppers & Onions Oven Baked French Fries Steamed Carrots Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	School Made Lasagna Choice of Meat or Meatless Fresh Veggie Tray Steamed Green Beans Warm School Made Whole Grain French Bread Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Chicken Fajita on a Soft Shell Tortilla Sliced Red/Green Pepper & Onions Seasoned Brown Rice Refried Beans Black Beans Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Chicken Tenders, Choice of Regular or Hot & Spicy Dipping Sauces Whipped Potatoes Low Fat Gravy Sliced Beets School Made Whole Grain Rich Dinner Roll Fresh Veggie Sticks Assorted Fruit Choices Milk Choices
MONDAY, JAN. 16	TUESDAY, JAN. 17	WEDNESDAY, JAN. 18	THURSDAY, JAN. 19	FRIDAY, JAN. 20
NO SCHOOL MARIN LUTHER KING JR. DAY	Sweet and Sour Popcorn Chicken Sliced Peppers and Onions Seasoned Brown Rice Stir Fry Vegetables Bean Salad Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Beef Hot Dog on a Whole Grain Rich Bun Sweet Potato Fries Steamed Broccoli Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Beef Gordito Fiesta Seasoned Rice Black Beans Fresh Veggie Sticks Fresh Fruit and Sauce Choices Churro Cookie Milk Choices	Toasted Cheese Sandwich Campbell's Tomato Soup Crisp Crackers Hot Vegetable Choice Fresh Spinach Salad Fresh Veggie Sticks Assorted Fruit Choices Milk Choices
MONDAY, JAN. 23	TUESDAY, JAN. 24	WEDNESDAY, JAN. 25	THURSDAY, JAN. 26	FRIDAY, JAN. 27
Pizza—School's Choice Bean Salad Steamed Green Beans Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Hamburger on a Whole Grain Rich Bun Sweet Potato Fries Seasoned Collard Greens Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Popcorn Chicken Dipping Sauces Whipped Potatoes with Low Fat Gravy Steamed Green Peas School Made Whole Grain Rich Dinner Roll Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Teriyaki Chicken Seasoned Brown Rice Fresh Spinach Salad Stir Fry Vegetables Warm Whole Grain Rich Bread Stick Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	NO SCHOOL STAFF WORKSHOP
MONDAY, JAN. 30	TUESDAY, JAN. 31	Free and Reduced Meal Applications available online: http://www.district279.org/parents/LunchMenus/ReducedMeals.cfm Or you may pick up an application at any school within District 279, the Enrollment Center, or the Educational Service Center.		
Choice of Breaded, Hot & Spicy or Glazed Unbreaded Chicken Patty on a Whole Grain Rich Bun Garden Fresh Fixings Sweet Potato Fries Steamed Broccoli Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Beef or Vegetarian Chili Seasoned Brown Rice California Blend Vegetables Mini Corn Muffin Fresh Veggie Sticks Assorted Fruit Choices School Made Dessert # Milk Choices			

 **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.



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 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.

