

ISD 279 OSSEO AREA SCHOOLS JUNIOR HIGH LUNCH MENU FEBRUARY 2012



JUNIOR HIGH LUNCH PRICES	
Jr. High Student "Paid"	\$2.15
Student "Reduced"	\$4.40
Student "Free"	FREE
Student's Second Lunch	\$2.60
Adult	\$3.15
Milk	\$5.50

FUN

FOOD FACT

Early explorers used watermelon rinds as canteens to carry water.



		WEDNESDAY, FEB. 1	THURSDAY, FEB. 2	FRIDAY, FEB. 3
		Spaghetti with Meat or Marinara Sauce Steamed Green Beans Creamy Cole Slaw School Made Whole Grain Rich French Bread Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Taco Salad/Tortilla Chips Taco Sauce and Salsa Fresh Romaine Blend Greens Seasoned Brown Rice Whole Kernel Corn Refried 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, FEB. 6	TUESDAY, FEB. 7	WEDNESDAY, FEB. 8	THURSDAY, FEB. 9	FRIDAY, FEB. 10
Low Fat Mini Corn Dogs School Made Soup Crisp Crackers California Blend Vegetables Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Sloppy Joe or Fish Sandwich On a Whole Grain Rich Bun Oven Crisps Fries Sliced Beets Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Italian Dunker Cheese Bread Meat or Marinara Sauce with Choice of Low Fat Dressings Steamed Broccoli Spinach Salad 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	Deli Sandwich (Meat or Vegetarian) on a Multi Grain Rich Hoagie Bun Fixings and Cheese Baked Beans Vegetable Pasta Salad Bag of Baked Chips Fresh Veggie Sticks Assorted Fruit Choices Milk Choices
MONDAY, FEB. 13	TUESDAY, FEB. 14	WEDNESDAY, FEB. 15	THURSDAY, FEB. 16	FRIDAY, FEB. 17
Pizza—School's Choice Bean Salad Steamed Green Beans Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Popcorn Chicken/Dipping Sauces Whipped Potatoes with Low Fat Gravy Steamed Broccoli School Made Whole Grain Rich Dinner Roll Fresh Veggie Sticks Assorted Fruit Choices School Made Valentine Dessert Milk Choices	"BRUNCH FOR LUNCH"	Chicken Chow Mein Vegetable Egg Roll Seasoned Brown Rice Stir Fry Vegetables Fresh Veggie Sticks Assorted Fruit Choices Banana Bread Squares Milk Choices	NO SCHOOL CONFERENCE RELEASE DAY
MONDAY, FEB. 20	TUESDAY, FEB. 21	WEDNESDAY, FEB. 22	THURSDAY, FEB. 23	FRIDAY, FEB. 24
NO SCHOOL PRESIDENTS' DAY	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 Presidents Cookie Milk Choices	Fish Taco Whole Grain Soft Shell Tortilla Fresh Fixings Romaine Blend Garden Salad Black Beans Fresh Veggie Sticks Fresh Fruit and Sauce Choices Milk Choices	Meatball Sub on a Multi Grain Rich Hoagie Bun Fixings and Cheese Oven Crisp French Fries Creamy Cole Slaw Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Toasted Cheese Sandwich Campbell's Tomato Soup Crisp Crackers Fresh Spinach Salad Fresh Veggie Sticks Assorted Fruit Choices Milk Choices
MONDAY, FEB. 27	TUESDAY, FEB. 28	WEDNESDAY, FEB. 29	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.	
Sweet and Sour Popcorn Chicken Sliced Peppers and Onions Seasoned Brown Rice Stir Fry Vegetables Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	NUTRITION MANAGERS CHOICE DAY	Beef Hot Dog on a Whole Grain Rich Bun Sweet Potato Fries Steamed Broccoli Fresh Veggie Sticks Assorted Fruit Choices Milk Choices		

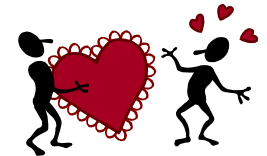


Sliced Whole Grain Bread Offered Daily

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.