

ISD 279 OSSEO AREA SCHOOLS SENIOR HIGH LUNCH MENU JANUARY 2012



Sr. High. Student "Paid"	\$2.25
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.

	TUESDAY, JAN. 3	WEDNESDAY, JAN. 4	THURSDAY, JAN. 5	FRIDAY, JAN. 6
	Low Fat Mini Corn Dogs Seasoned Brown Rice Steamed Broccoli Spinach Salad Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Chicken Parmesan over Whole Grain Pasta California Blend Vegetables 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 Fiesta Seasoned Brown Rice Whole Kernel Corn Refried Beans Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Fish Sandwich on Whole Grain Rich Bun Sweet Potato Fries Bean Salad Fresh Veggie Sticks Assorted Fruit Choices Milk Choices
MONDAY, JAN. 9	TUESDAY, JAN. 10	WEDNESDAY, JAN. 11	THURSDAY, JAN. 12	FRIDAY, JAN. 13
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	Italian Dunker Cheese Bread Meat or Marinara Sauce Steamed Green Beans Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Choice of Breaded, Hot & Spicy or Glazed Unbreaded Chicken Patty on a Whole Grain Rich Bun Garden Fresh Fixings Oven Crisp Fries Steamed Broccoli Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Deli Sandwich (Meat or Vegetarian) on a Multi Grain Hoagie Bun Assorted Sandwich Fixings Vegetarian Chili California Blend Vegetables 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	Pizza—School's Choice Romaine Blend Garden Salad Steamed Green Beans Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Meatball Sub on a Whole Grain Rich Hoagie Bun Marinara Sauce Creamy Cole Slaw Steamed Broccoli Fresh Veggie Sticks Assorted Fruit Choices Warm Apple Crisp Milk Choices	Beef Gordito Fiesta Seasoned Rice Black Beans Fresh Veggie Sticks Fresh Fruit and Sauce Choices Churro Cookie Milk Choices	Teriyaki Chicken Seasoned Brown Rice Steamed Carrots School Made Whole Grain Rich Dinner Roll Fresh Veggie Sticks Assorted Fruit Choices Milk Choices
MONDAY, JAN. 23	TUESDAY, JAN. 24	WEDNESDAY, JAN. 25	THURSDAY, JAN. 26	FRIDAY, JAN. 27
Chicken Tenders, Choice of Regular or Hot & Spicy Dipping Sauces Seasoned Brown Rice Steamed Green Beans School Made Whole Grain Rich Bread Stick Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Fish Sandwich on Whole Grain Rich Bun Sweet Potato Fries Bean Salad Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Turkey—N—Gravy Whipped Potatoes Steamed Broccoli Whole Grain Rich Dinner Roll Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Philly Beef & Cheese Sandwich on Whole Grain Rich Hoagie Bun Fresh Fixings of Sliced Red/Green Peppers & Onions Steamed Carrots Bag of Baked Chips 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.		
Popcorn Chicken Seasoned Brown Rice Stir Fry Vegetable Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Choice of Breaded, Hot & Spicy or Glazed Unbreaded Chicken Patty on a Whole Grain Rich Bun Garden Fresh Fixings Oven Crisp 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.

