

# ISD 279 OSSEO AREA SCHOOLS SENIOR HIGH LUNCH MENU FEBRUARY 2012



SENIOR HIGH LUNCH PRICES	
Jr. High. Student "Paid" .....	\$2.20
Student "Reduced" .....	\$ .40
Student "Free" .....	FREE
Student's Second Lunch .....	\$2.50
Preschool Visiting Child .....	\$2.50
Adult .....	\$3.10
Milk .....	\$ .50

**FUN FOOD FACT**  
 Early explorers used watermelon rinds as canteens to carry water.



		WEDNESDAY, FEB. 1	THURSDAY, FEB. 2	FRIDAY, FEB. 3
		NUTRITION MANAGERS CHOICE DAY	Italian Dunker Cheese Bread Meat or Marinara Sauce Vegetable Salad Steamed Carrots Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Deli Sandwich (Meat or Vegetarian) on a Multi Grain Hoagie Bun Assorted Sandwich Fixings Cup of Fresh Made Soup California Blend Vegetables Fresh Veggie Sticks Assorted Fruit Choices Milk Choices
MONDAY, FEB. 6	TUESDAY, FEB. 7	WEDNESDAY, FEB. 8	THURSDAY, FEB. 9	FRIDAY, FEB. 10
Sloppy Joe on a Whole Grain Rich Bun Oven Crisp Fries Steamed Green Peas Sliced Dill Pickles Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Pizza—School's Choice Romaine Blend Garden Salad Steamed Green Beans Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Spaghetti Marinara Sauce Creamy Cole Slaw California Blend Vegetables School Made Whole Grain Rich French Bread Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Chicken Fajita on a Soft Shell Tortilla Sliced Red/Green Pepper & Onions Fiesta Seasoned Brown Rice Black Beans Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	All Beef Hot Dog on a Whole Grain Rich Bun Sweet Potato Fries Vegetarian Chili Fresh Veggie Sticks Assorted Fruit Choices Milk Choice
MONDAY, FEB. 13	TUESDAY, FEB. 14	WEDNESDAY, FEB. 15	THURSDAY, FEB. 16	FRIDAY, FEB. 17
Chicken Tenders, Choice of Regular or Hot & Spicy Dipping Sauces Whipped Potatoes Low Fat Gravy Steamed Green Beans School Made Whole Grain Rich Dinner Roll Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Low Fat Mini Corn Dogs Seasoned Brown Rice Sliced Beets Spinach Salad Fresh Veggie Sticks Assorted Fruit Choices Valentine Dessert 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	Chicken Chow Mein Vegetable Egg Roll Seasoned Brown Rice Fresh Veggie Sticks Stir Fry Vegetables 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 Oven Crisp Fries Steamed Broccoli Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Fish Nuggets Crisp Waffle Fries Steamed Carrots Whole Grain Rich Bread Choice Fresh Veggie Sticks Fresh Fruit and Sauce Choices Milk Choices	Sweet and Sour Popcorn Chicken Sliced Peppers and Onions Seasoned Brown Rice Stir Fry Vegetables Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Toasted Cheese Sandwich Campbell's Tomato Soup Crisp Crackers California Blend Vegetables Fresh Spinach Salad Fresh Veggie Sticks Assorted Fruit Choices Milk Choices
MONDAY, FEB. 27	TUESDAY, FEB. 28	WEDNESDAY, FEB. 29	<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</b> <b>District 279, the Enrollment Center, or the Educational Service Center.</b>	
Sloppy Joe on a Whole Grain Rich Bun Oven Crisp Fries Steamed Green Peas Sliced Dill Pickles Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Teriyaki Chicken Seasoned Brown Rice Steamed Carrots School Made Whole Grain Rich Dinner Roll 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		


 **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.