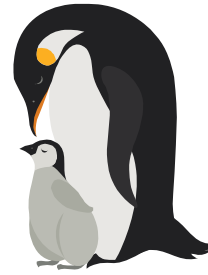




# ISD 279 OSSEO AREA SCHOOLS

## OALC LUNCH MENU

### JANUARY 2011




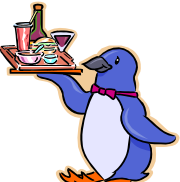



**OALC LUNCH PRICES**

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

Menu subject to change without notice.

Sliced Bread Offered Daily

MONDAY, JAN. 3	TUESDAY, JAN. 4	WEDNESDAY, JAN. 5	THURSDAY, JAN. 6	FRIDAY, JAN. 7
Cheese or Pepperoni Pizza Steamed Green Beans Crisp Romaine Blend Salad Crisp Veggies with Dip Fresh Fruit or Fruit Sauce School Made Dessert # Milk Choices 	2-4-1 Sloppy Joe on a Wheat Bun Crisp Tri Tator California Blend Vegetables Crisp Romaine Blend Salad Crisp Veggies with Dip Fresh Fruit or Fruit Sauce Milk Choices	Breaded Chicken Strips Dipping Sauces Whipped Potatoes Low Fat Gravy Whole Kernel Corn Crisp Romaine Blend Salad Crisp Veggies with Dip School Made Whole Grain Dinner Roll Fresh Fruit or Fruit Sauce Milk Choices	Taco Salad/Tortilla Chips Garden Fresh Fixings Seasoned Brown Rice Blend Whole Kernel Corn Crisp Veggies with Dip Fresh Fruit or Fruit Sauce Milk Choices	Asian Popcorn Chicken or Chicken & Vegetable Egg Roll Fried Rice Steamed Green Peas Crisp Romaine Blend Salad Crisp Veggies with Dip Fresh Fruit or Fruit Sauce Milk Choices
MONDAY, JAN. 10 Choice of Breaded, Hot & Spicy or Regular Chicken Patty Wheat Hamburger Bun Oven Crisp Potato Rounds Crisp Romaine Blend Salad Crisp Veggies with Dip Fresh Fruit or Fruit Sauce Milk Choices	 NUTRITION MANAGER'S CHOICE DAY	WEDNESDAY, JAN. 12 Rib-B-Que or Fish on a Whole Grain Bun Assorted Fixings Oven Crisp French Fries Steamed Carrots Crisp Lettuce Salad Crisp Veggies with Dip Fresh Fruit or Fruit Sauce Milk Choices	THURSDAY, JAN. 13 Beef Gorditas Refried Beans Fiesta Spanish Rice Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	FRIDAY, JAN. 14 Low Fat Mini Corn Dogs or Buffalo Popcorn Chicken Crisp Tri Tator Steamed Mixed Vegetables Crisp Romaine Blend Salad Crisp Veggies with Dip Fresh Fruit or Fruit Sauce Milk Choices
MONDAY, JAN. 17 NO SCHOOL MARTIN LUTHER KING JR. DAY	TUESDAY, JAN. 18 Popcorn or Orange Chicken Seasoned Brown Rice Blend Steamed Green Peas School Made Whole Wheat Dinner Roll Crisp Lettuce Salad Crisp Veggies with Dip Fresh Fruit or Fruit Sauce Milk Choices	WEDNESDAY, JAN. 19 Hamburger or BBQ Chicken on a Whole Grain Hamburger Bun Cheese and Assorted Fixings Oven Crisp French Fries Baked Beans Crisp Romaine Blend Salad Crisp Veggies with Dip Fresh Fruit or Fruit Sauce Milk Choices	THURSDAY, JAN. 20 Italian Dunker Cheese Bread Meat or Marinara Sauce Steamed Green Beans Crisp Romaine Blend Salad Crisp Veggies with Dip Fresh Fruit or Fruit Sauce Milk Choices	FRIDAY, JAN. 21 Deli Sandwich on a Whole Grain Bun Assorted Sandwich Fixings Garden Fresh Fixings School Made Chicken Wild Rice Soup Bag of Baked Chips Fresh Veggie Sticks Assorted Fruit Choices Milk Choices
MONDAY, JAN. 24 Cheese or Pepperoni Pizza Steamed Green Beans Crisp Romaine Blend Salad Crisp Veggies with Dip Fresh Fruit or Fruit Sauce School Made Dessert # Milk Choices 	2-4-1 Sloppy Joe on a Wheat Bun Crisp Tri Tator California Blend Vegetables Crisp Romaine Blend Salad Crisp Veggies with Dip Fresh Fruit or Fruit Sauce Milk Choices	WEDNESDAY, JAN. 26 Breaded Chicken Strips Dipping Sauces Whipped Potatoes Low Fat Gravy Whole Kernel Corn Crisp Romaine Blend Salad Crisp Veggies with Dip School Made Whole Grain Dinner Roll Fresh Fruit or Fruit Sauce Milk Choices	THURSDAY, JAN. 27 Baked Potato Turkey Chili School Made Whole Grain Dinner Roll Crisp Lettuce Salad Crisp Veggies with Dip Fresh Fruit or Fruit Sauce Milk Choices	FRIDAY, JAN. 28 NO SCHOOL STAFF WORKSHOP 
MONDAY, JAN. 31 Choice of Breaded, Hot & Spicy or Regular Chicken Patty Wheat Hamburger Bun Oven Crisp Potato Rounds Crisp Romaine Blend Salad Crisp Veggies with Dip Fresh Fruit or Fruit Sauce Milk Choices		<ul style="list-style-type: none"> <li>* May contain Pork </li> <li># May contain nuts or peanut butter </li> </ul> Any school made item could contain any of the above, please check with Kitchen Manager at site. <b>Allergy Notice:</b> Products have been made in the District Kitchens or plants where milk, eggs, soy beans, tree nuts, peanuts and other ingredients are used.	<div style="border: 1px solid black; padding: 5px; font-size: small;"> <p>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.</p> <p>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.</p> </div>	<p style="text-align: center;"><b>Free and Reduced Meal Applications may be picked up at any school within District 279 or the District Office.</b></p>

