




ISD 279 OSSEO AREA SCHOOLS SENIOR HIGH LUNCH MENU MARCH 2010



Sr. 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

Sliced Bread Offered Daily

Menu subject to change without notice.

MONDAY, MARCH 1	TUESDAY, MARCH 2	WEDNESDAY, MARCH 3	THURSDAY, MARCH 4	FRIDAY, MARCH 5
Low Fat Mini Corn Dogs Oven Roasted Wedge Potatoes Steamed Green Beans Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Teriyaki Chicken Seasoned Brown Rice Blend Steamed Green Peas Warm School Made Corn Muffin Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Breaded Chicken Strips Dipping Sauces Whipped Potatoes Low Fat Gravy Steamed Mixed Vegetables Warm School Made Whole Grain Dinner Roll Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Italian Dunker Cheese Bread Meat or Marinara Sauce Crisp Romaine Blend Garden Salad with Choice of Low Fat Dressings Whole Kernel Corn Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Breaded Fish on a Wheat Bun Oven Crisp Fries California Blend Vegetables Fresh Veggie Sticks Assorted Fruit Choices Milk Choices
MONDAY, MARCH 8	TUESDAY, MARCH 9	WEDNESDAY, MARCH 10	THURSDAY, MARCH 11	FRIDAY, MARCH 12
Sweet and Sour Chicken Seasoned Brown Rice Blend Sliced Peppers and Onions Steamed Peas & Carrots Fresh Veggie Sticks Warm School Made Whole Grain Dinner Roll Assorted Fruit Choices Milk Choices	Cheese or Pepperoni Pizza Fresh Pasta Salad Steamed Green Beans Fresh Veggie Sticks Assorted Fruit Choices School Made Dessert # * Milk Choices	2-4-1 Sloppy Joe on a Wheat Hamburger Bun Whole Kernel Corn Sliced Dill Pickles Bag of Baked Chips Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Choice of Breaded, Hot & Spicy or Glazed Unbreaded Chicken Patty on a Wheat Hamburger Bun Garden Fresh Fixings Oven Crisp Potato Steamed Carrots Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	NO SCHOOL STAFF WORKSHOP
MONDAY, MARCH 15	TUESDAY, MARCH 16	WEDNESDAY, MARCH 17	THURSDAY, MARCH 18	FRIDAY, MARCH 19
Cheese or Pepperoni Pizza Steamed Fresh Broccoli Buds with Cheese Sauce Warm School Made Low Fat Muffin Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	 NUTRITION MANAGER'S PLANNED DAY	Chicken Parmesan with Buttered Noodles California Blend Vegetables School Made 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 Black Beans Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Popcorn Shrimp Reduced Fat Macaroni & Cheese Steamed Green Peas & Carrots Fresh Salad Fresh Veggie Sticks Assorted Fruit Choices Milk Choices
MONDAY, MARCH 22	TUESDAY, MARCH 23	WEDNESDAY, MARCH 24	THURSDAY, MARCH 25	FRIDAY, MARCH 26
2Low Fat Mini Corn Dogs Oven Roasted Wedge Potatoes Steamed Green Beans Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Teriyaki Chicken Seasoned Brown Rice Blend Steamed Green Peas Warm School Made Corn Muffin Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Breaded Chicken Strips Dipping Sauces Whipped Potatoes Low Fat Gravy Steamed Mixed Vegetables Warm School Made Whole Grain Dinner Roll Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	MEDITERRANEAN DAY Beef Gyro on Flatbread with Tzatziki Sauce Mediterranean Pasta Salad Honey Glazed Carrots Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Breaded Fish on a Wheat Bun Oven Crisp Fries California Blend Vegetables Fresh Veggie Sticks Assorted Fruit Choices Milk Choices

WEEKLY TOTAL NUTRITIONAL	STANDARD	ACTUAL
FOOD ENERGY (CALORIES)	825	798
IRON—mg	4.5	5.00
CALCIUM—mg	400	508.9
VITAMIN A—I.U.	1500	9332
VITAMIN C—mg	18.35	31.49
PROTEIN—Grams	16.20	32.52
% CALORIES FROM FAT	<30	28.89
FOOD ENERGY (CALORIES)	825	819
IRON—mg	4.5	5.09
CALCIUM—mg	400	545.4
VITAMIN A—I.U.	1500	11061
VITAMIN C—mg	18.35	31.44
PROTEIN—Grams	16.20	29.41
% CALORIES FROM FAT	<30	29.32
FOOD ENERGY (CALORIES)	825	815
IRON—mg	4.5	6.15
CALCIUM—mg	400	650.0
VITAMIN A—I.U.	1500	9771
VITAMIN C—mg	18.35	37.22
PROTEIN—Grams	16.20	33.13
% CALORIES FROM FAT	<30	30.30
FOOD ENERGY (CALORIES)	825	817
IRON—mg	4.5	5.18
CALCIUM—mg	400	517.3
VITAMIN A—I.U.	1500	12418
VITAMIN C—mg	18.35	28.64
PROTEIN—Grams	16.20	31.21
% CALORIES FROM FAT	<30	30.78



* May contain Pork
May contain nuts or peanut butter
Any school made item could contain any of the above, please check with Kitchen Manager at site.
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.

The nutrient analysis is based on the menu as written. Alternate menu choices are available daily but are not included in the weekly menu analysis.

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Free and Reduced Meal Applications may be picked up at any school within District 279 or the District Office.