



ISD 279 OSSEO AREA SCHOOLS SENIOR HIGH LUNCH MENU NOVEMBER 2010



SENIOR HIGH LUNCH PRICES	
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

Menu subject to change without notice.
Sliced Bread Offered Daily

MONDAY, NOV. 1	TUESDAY, NOV. 2	WEDNESDAY, NOV. 3	THURSDAY, NOV. 4	FRIDAY, NOV. 5
Low Fat Mini Corn Dogs Oven Baked Twister Fries Broccoli Salad Steamed Green Beans Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Beef Nachos Seasoned Brown Rice Blend Crisp Tri Tator Steamed Mixed Vegetables Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Breaded Chicken Strips Dipping Sauces Whipped Potatoes Low Fat Gravy Steamed Green Peas 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	Teriyaki Chicken Seasoned Brown Rice Blend Steamed Green Peas School Made Corn Muffin Fresh Veggie Sticks Assorted Fruit Choices Milk Choices
MONDAY, NOV. 8	TUESDAY, NOV. 9	WEDNESDAY, NOV. 10	THURSDAY, NOV. 11	FRIDAY, NOV. 12
Orange or Kung Pao Chicken Fresh Fixings of Sliced Red/Green Peppers & Onions Seasoned Brown Rice Blend Steamed Green Peas Warm School Made Whole Grain Dinner Roll Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Pizza—School's Choice Steamed Broccoli School Made Low Fat Muffin Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	2-4-1 Sloppy Joe on a Wheat Hamburger Bun Creamy Cole Slaw 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 Wedges Steamed Carrots Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Toasted Cheese Sandwich Home Made Tomato Soup Garden Spinach Salad Steamed Mixed Vegetables Fresh Veggie Sticks Assorted Fruit Choices Milk Choices
MONDAY, NOV. 15	TUESDAY, NOV. 16	WEDNESDAY, NOV. 17	THURSDAY, NOV. 18	FRIDAY, NOV. 19
Pizza—School's Choice Steamed Broccoli School Made Low Fat Muffin Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Ground Beef Stroganoff over Kuski Noodles Borscht (Roast Beet Soup) Ukrainian Apple Cake Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Turkey~N~Gravy Whipped Potatoes California Blend Vegetable School Made Wheat Dinner Roll 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	NUTRITION MANAGER CHOICE DAY 
MONDAY, NOV. 22	TUESDAY, NOV. 23	WEDNESDAY, NOV. 24	THURSDAY, NOV. 25	FRIDAY, NOV. 26
Breaded Chicken Strips Dipping Sauces Whipped Potatoes Low Fat Gravy Steamed Green Peas 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	Low Fat Mini Corn Dogs Oven Baked Twister Fries Broccoli Salad Steamed Green Beans Fresh Veggie Sticks Assorted Fruit Choices Milk Choices		NO SCHOOL THANKSGIVING HOLIDAY
MONDAY, NOV. 29	TUESDAY, NOV. 30	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.		
Sweet and Sour Chicken Fresh Fixings of Sliced Red/Green Peppers & Onions Seasoned Brown Rice Blend Steamed Green Peas Warm School Made Whole Grain Dinner Roll Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Pizza—School's Choice Steamed Broccoli School Made Low Fat Muffin Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	<p>* May contain Pork </p> <p># May contain nuts or peanut butter </p> <p>Any school made item could contain any of the above, please check with Kitchen Manager at site.</p> <p>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.</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.
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.

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

WEEKLY TOTAL NUTRITIONAL	STANDARD	ACTUAL
FOOD ENERGY (CALORIES)	867	845
IRON—mg	4.5	5.54
CALCIUM—mg	400	551.1
VITAMIN A—I.U.	1500	8985
VITAMIN C—mg	20.00	31.16
PROTEIN—Grams	17.20	36.39
% CALORIES FROM FAT	<30	29.43
FOOD ENERGY (CALORIES)	867	832
IRON—mg	4.5	5.92
CALCIUM—mg	400	646.0
VITAMIN A—I.U.	1500	10958
VITAMIN C—mg	20.00	39.75
PROTEIN—Grams	17.20	37.06
% CALORIES FROM FAT	<30	23.91
FOOD ENERGY (CALORIES)	867	812
IRON—mg	4.5	6.47
CALCIUM—mg	400	610.6
VITAMIN A—I.U.	1500	9344
VITAMIN C—mg	20.00	38.56
PROTEIN—Grams	17.20	36.13
% CALORIES FROM FAT	<30	26.22
FOOD ENERGY (CALORIES)	867	842
IRON—mg	4.5	5.48
CALCIUM—mg	400	572.6
VITAMIN A—I.U.	1500	8978
VITAMIN C—mg	20.00	35.15
PROTEIN—Grams	17.20	36.01
% CALORIES FROM FAT	<30	28.34
FOOD ENERGY (CALORIES)	867	863
IRON—mg	4.5	6.35
CALCIUM—mg	400	615.3
VITAMIN A—I.U.	1500	10494
VITAMIN C—mg	20.00	44.91
PROTEIN—Grams	17.20	37.61
% CALORIES FROM FAT	<30	25.56