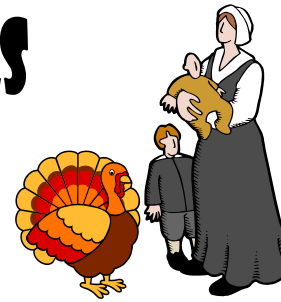


# ISD 279 OSSEO AREA SCHOOLS SENIOR HIGH LUNCH MENU NOVEMBER 2009



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

MONDAY, NOV. 2	TUESDAY, NOV. 3	WEDNESDAY, NOV. 4	THURSDAY, NOV. 5	FRIDAY, NOV. 6
Low Fat Mini Corn Dogs Oven Roasted Wedge Potatoes Steamed Green Beans Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Breaded Fish on a Wheat Bun Oven Baked Waffle Fries California Blend Vegetables 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	Chicken Teriyaki Wonderbites or Lings Seasoned Brown Rice Blend Steamed Baby Carrots Fresh Veggie Sticks Warm School Made Corn Muffin Fresh Veggie Sticks Assorted Fruit Choices Milk Choices
MONDAY, NOV. 9	TUESDAY, NOV. 10	WEDNESDAY, NOV. 11	THURSDAY, NOV. 12	FRIDAY, NOV. 13
Sweet and Sour Chicken Seasoned Brown Rice Blend Sliced Peppers and Onions Steamed Green Peas 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 Gelatin with Whipped Topping 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 Roasted Potato Wedges Steamed Carrots Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Toasted Cheese Sandwich Home Made Soup Garden Fresh Salad Steamed Mixed Vegetables Fresh Veggie Sticks Assorted Fruit Choices Milk Choices
MONDAY, NOV. 16	TUESDAY, NOV. 17	WEDNESDAY, NOV. 18	THURSDAY, NOV. 19	FRIDAY, NOV. 20
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	Popcorn Shrimp Reduced Fat Macaroni & Cheese Steamed Green Peas & Carrot Fresh Sliced Cucumber Salad 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	Chicken Fajita Soft Taco Shell Fresh Fixings of Sliced Red/Green Peppers & Onions Fiesta Seasoned Brown Rice Whole Kernel Corn Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	<b>NUTRITION MANAGER CHOICE DAY</b> 
MONDAY, NOV. 23	TUESDAY, NOV. 24	WEDNESDAY, NOV. 25	THURSDAY, NOV. 26	FRIDAY, NOV. 27
2-4-1 All Beef Chili & Cheese Dogs on a Wheat Bun Oven Crisp Twister Fries Steamed Green Beans Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	<b>RUSSIAN DAY</b> Ground Beef Stroganoff over Kuski Noodles Borscht (Roast Beet Soup) Carrot Raisin Salad Russian Korj (Biscuit) Ukrainian Apple Cake Fresh Veggie Sticks Assorted Fruit Choices Milk Choices	Special Shape Chicken Nuggets Dipping Sauces Whipped Potatoes with Low Fat Gravy Steamed Mixed Vegetables Fresh Veggie Sticks Assorted Fruit Choices Cinnamon Graham Cookies Milk Choices	<b>NO SCHOOL THANKSGIVING HOLIDAY</b> 	
MONDAY, NOV. 30	<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> <p>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.</p> <p><b>Menu subject to change without notice. Sliced Bread Offered Daily</b></p> <p>* 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.</p>			
Orange or Kung Pao Chicken Seasoned Brown Rice Blend Steamed Green Peas School Made Whole Grain Dinner Roll Fresh Veggie Sticks Assorted Fruit Choices Milk Choices				

WEEKLY TOTAL NUTRITIONAL	STANDARD	ACTUAL
FOOD ENERGY (CALORIES)	825	785
IRON—mg	4.5	5.18
CALCIUM—mg	400	496.0
VITAMIN A—I.U.	1500	11709
VITAMIN C—mg	18.35	27.10
PROTEIN—Grams	16.20	34.16
% CALORIES FROM FAT	<30	30.18
FOOD ENERGY (CALORIES)	825	827
IRON—mg	4.5	5.45
CALCIUM—mg	400	592.1
VITAMIN A—I.U.	1500	10825
VITAMIN C—mg	18.35	34.64
PROTEIN—Grams	16.20	35.85
% CALORIES FROM FAT	<30	28.73
FOOD ENERGY (CALORIES)	825	787
IRON—mg	4.5	5.42
CALCIUM—mg	400	574.9
VITAMIN A—I.U.	1500	8622
VITAMIN C—mg	18.35	37.99
PROTEIN—Grams	16.20	37.03
% CALORIES FROM FAT	<30	29.68
FOOD ENERGY (CALORIES)	825	870
IRON—mg	4.5	5.62
CALCIUM—mg	400	494.4
VITAMIN A—I.U.	1500	9295
VITAMIN C—mg	18.35	29.17
PROTEIN—Grams	16.20	37.16
% CALORIES FROM FAT	<30	31.03

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

**NUTRITIONAL  
 INFORMATION  
 FOR THIS WEEK  
 INCLUDED WITH  
 LAST WEEK'S  
 TOTALS**