

# High School Lunch Menu

## May 2019

Menu subject to change without notice.

### High School LUNCH PRICES

Student "Paid" .....\$ 2.85  
 Student "Reduced".....FREE  
 Student "Free".....FREE  
 Milk.....\$.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1                      Popcorn Chicken                      Whipped Potatoes                      Low Fat Gravy                      Roasted Broccoli                      School Made Dinner Roll</p> <p>BAR: Mexican Bar</p>	<p>2                      Pulled Pork on a Bun                      Roasted Sweet Potatoes                      Creamy Cucumber Salad                      Pickles and Sliced Onions                      Vegetarian Baked Beans</p> <p>BAR: Potato Bar</p>	<p>3                      Asian Chicken                      Seasoned Brown Rice                      Garlic Breadstick                      Stir Fry Vegetables                      Honey Roasted Carrots</p> <p>BAR: Hot Dish Bar</p>
<p>6                      Turkey pepperoni or                      Cheese Pizza                      Fresh Romaine                      Caesar Salad                      Black Bean Salad</p> <p>BAR: Soup and Sandwich</p>	<p>7                      Chicken Tenders                      Whipped Potatoes                      Low Fat Gravy                      Sweet Green Peas                      School Made Dinner Roll</p> <p>BAR: Noodle Bar</p>	<p>8                      Brunch For Lunch                      Roasted Carrots                      Oven Baked Tri Tators</p> <p>BAR: Mexican Bar</p>	<p>9                      Beef Meatball Sub                      Creamy Cole Slaw                      Potato Crunch Broccoli</p> <p>BAR: Potato Bar</p> <p>School Made Cookie</p>	<p>10                      Sweet and Sour Chicken                      Seasoned Brown Rice                      Garlic Breadstick                      Stir Fry Vegetables</p> <p>BAR: Breakfast Bar</p>
<p>13                      2 for 1 Beef Hot Dogs                      Vegetarian Chili                      Roasted Squash                      Sriracha Beans and Rice</p> <p>BAR: Salad Bar</p>	<p>14                      Popcorn Chicken Bowl                      Whipped Potatoes                      Low Fat Gravy                      Shredded Cheese                      Whole Kernel Corn                      School Made Dinner Roll</p> <p>BAR: Noodle Bar</p>	<p>15                      Beef French Dip Sandwich                      Roasted Peppers /Onions                      Sidewinders Potatoes                      Coconut Curry Beans                      Au Jus/ Cheese Sauce</p> <p>BAR: Mexican Bar</p>	<p>16                      Chicken Patty on a Bun                      Oven Baked French Fries                      Parmesan Cauliflower                      Creamy Cole Slaw                      Honey Roasted Carrots</p> <p>BAR: Potato Bar</p>	<p>17                      Italian Dunker Cheese                      Bread                      Marinara Sauce                      Creamy Cole Slaw                      Roasted Broccoli</p> <p>BAR: Hot Dish Bar</p>
<p>20                      Chicken Parmesan                      Whole Grain Pasta                      Roasted Carrots                      Garlic Green Beans</p> <p>BAR: Soup and Sandwich Bar</p>	<p>21                      Chicken Po'Boy Sandwich                      Cilantro Lime Mayo                      Fresh Marinated Cucum-                      bers and Carrots                      Oven Baked French Fries</p> <p>BAR: Noodle Bar</p>	<p>22                      Beef Meatballs in Gravy                      School Made Dinner Roll                      Whipped Potatoes                      Sweet Green Peas</p> <p>BAR: Mexican Bar</p>	<p>23                      Chicken and Waffles                      Fresh Caesar Salad                      Roasted Soy                      Sauce Cauliflower</p> <p>BAR: Breakfast Bar</p>	<p>24                      Chicken Wrap                      Seasoned Brown Rice                      Vegetarian Baked Beans                      Romaine/ Spinach Salad</p> <p>BAR: Breakfast Bar</p>


**Grill Line:** Hamburgers, Chicken, French Fries  
**Grab & Go:** Salads, Sandwiches, and Yogurt Parfaits  
**Sides Offered Daily:** Fresh Fruit, Fruit Sauce, Fresh Vegetables, Milk


**May 28– June 6 will be Nutrition Manager’s choice. Please call your school if you have questions on the menu for those days**

All Grains/Breads offered are a minimum of 51% Whole Grain



Free and Reduced Meal Applications available online at [www.district279.org/fma](http://www.district279.org/fma) OR may be picked up at any school within District 279 or the District Office.

\* 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.

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*Our mission is to inspire and prepare all students with the confidence, courage and competence to achieve their dreams; contribute to community; and engage in a lifetime of learning.*