

High School Lunch Menu

September 2018

Menu subject to change without notice.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>4 Chicken Patty on a Bun Waffle Fries Vegetarian Baked Beans BAR: Salad Bar</p>	<p>5 Mini Corn Dogs Roasted Butternut Squash Scalloped Potatoes Whole Kernel Corn BAR: Noodle Bar</p>	<p>6 Popcorn Chicken Whipped Potatoes School Made Whole Grain Dinner Roll Low fat Poultry Gravy Roasted Broccoli BAR: Mexican Bar</p>	<p>7 Asian Chicken Seasoned Brown Rice Whole Grain Garlic Breadstick Stir Fry Vegetables Honey Roasted Carrots BAR: Hot Dish Bar</p>
<p>10 Pizza Choice Turkey Pepperoni or Cheese Fresh Romaine Caesar Salad Black Bean Salad BAR: Soup and Sandwich</p>	<p>11 Chicken Tenders School Made Dinner Roll Whipped Potatoes Low fat Poultry Gravy Sweet Green Peas BAR: Noodle Bar</p>	<p>12 Brunch For Lunch Roasted Carrots Oven Baked Tri Tators BAR: Mexican Bar School Made Blueberry Muffin</p>	<p>13 Beef Meatball Sub Creamy Cole Slaw Potato Crunch Broccoli BAR: Potato Bar Ice Cream Treat</p>	<p>14 Sweet and Sour Chicken Seasoned Brown Rice Whole Grain Garlic Breadstick Stir Fry Vegetables Roasted Peppers & Onions BAR: Breakfast Bar</p>
<p>17 2 for 1 Beef Hot Dogs Vegetarian Chili Twister Fries Roasted Squash Sriracha Beans & Rice BAR: Salad Bar</p>	<p>18 Popcorn Chicken Bowl School Made Dinner Roll Whipped Potatoes Low Fat Poultry Gravy Shredded Cheese Whole Kernel Corn BAR: Noodle Bar</p>	<p>19 Beef French Dip Sandwich Roasted Peppers /Onions Zesty Baked Zucchini Sidewinder Potatoes Au Jus/ Cheese Sauce BAR: Mexican Bar</p>	<p>20 Chicken Patty on a Bun Parmesan Cauliflower Honey Roasted Carrots Oven Baked Fries BAR: Potato Bar</p>	<p>21 Italian Dunker Cheese Bread Marinara Sauce Creamy Cole Slaw Roasted Broccoli BAR: Hot Dish Bar</p>
<p>24 Chicken Parmesan Whole Grain Pasta Garlic Breadstick Roasted Carrots Savory Green Beans & Onions BAR: Soup and Sandwich Bar</p>	<p>25 Chicken Po'Boy Sandwich Oven Baked French Fries Creamy Cucumber Salad BAR: Noodle Bar</p>	<p>26 Beef Meatballs in Gravy School Made Whole Grain Dinner Roll Whipped Potatoes Sweet Green Peas BAR: Mexican Bar</p>	<p>27 Chicken and Waffles Oven Baked Tri Tators Caesar Salad Soy Sauce Roasted Cauliflower BAR: Potato Bar</p>	<p>28 Chicken Wrap Seasoned Brown Rice Tortilla Vegetarian Baked Beans Spinach and Romaine Salad Fresh Fixings BAR: Breakfast Bar</p>

High School LUNCH PRICES	
Student "Paid"	\$ 2.85
Student "Reduced".....	FREE
Student "Free".....	FREE
Adult.....	\$3.75
Milk.....	\$.50

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

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



* 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.

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, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 2025-9410 or call (866) 632-9992 (Voice and TDD). USDA is an equal opportunity provider and employer.

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

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.