

High School Lunch Menu

October 2018

Menu subject to change without notice.


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Regular or Spicy Chicken Patty on a Bun</p> <p>Waffle Fries Vegetarian Baked Beans</p> <p>BAR: Salad Br</p>	<p>2 Chicken Mini Corn Dogs</p> <p>Roasted Butternut Squash Whole Kernel Corn Scalloped Potatoes</p> <p>BAR: Noodle Bar</p>	<p>3 Popcorn Chicken</p> <p>Whipped Potatoes Low fat Poultry Gravy School Made Whole Grain Dinner Roll Roasted Broccoli</p> <p>BAR: Mexican Bar</p>	<p>4 Fish Patty on a Bun</p> <p>Roasted Sweet Potatoes Coconut Curry Beans</p> <p>BAR: Potato Bar</p>	<p>5 Asian Chicken</p> <p>Seasoned Brown Rice Garlic Breadstick Stir Fry Vegetables Honey Roasted Carrots</p> <p>BAR: Hot Dish Bar</p>
<p>8 Pizza Choice Turkey Pepperoni or Cheese</p> <p>Fresh Romaine Caesar Salad Black Bean Salad</p> <p>BAR: Soup and Sandwich</p>	<p>9 Chicken Tenders</p> <p>Whipped Potatoes Low fat Poultry Gravy Sweet Green Peas</p> <p>BAR: Noodle Bar</p>	<p>10 Brunch For Lunch</p> <p>Roasted Carrots Oven Baked Tri Tators</p> <p>BAR: Mexican Bar</p>	<p>11 Beef Meatball Sub</p> <p>Creamy Cole Slaw Potato Crunch Broccoli</p> <p>BAR: Potato Bar</p> <p>Ice Cream Treat</p>	<p>12 Sweet and Sour Chicken</p> <p>Seasoned Brown Rice Garlic Breadstick Stir Fry Vegetables</p> <p>BAR: Breakfast Bar</p>
<p>15 Main: 2 for 1 Beef Hot Dogs</p> <p>Vegetarian Chili Twister Fries Roasted Butternut Squash Sriracha Beans and Rice</p> <p>BAR: Salad Bar</p>	<p>16 Popcorn Chicken Bowl</p> <p>Whipped Potatoes Low Fat Poultry Gravy School Made Whole Grain Dinner Roll Whole Kernel Corn</p> <p>BAR: Noodle Bar</p>	<p>17 Beef French Dip Sandwich</p> <p>Sidewinder Potatoes Roasted Peppers /Onions Zesty Roasted Zucchini Au Jus/ Cheese Sauce</p> <p>BAR: Mexican Bar</p>	<p>18 No School Today</p>	<p>19 No School Today</p>
<p>22 Chicken Parmesan</p> <p>Whole Grain Pasta Roasted Carrots Savory Green Beans & Onions</p> <p>BAR: Soup and Sandwich Bar</p>	<p>23 Chicken Po'Boy Sandwich</p> <p>Oven Baked French Fries Creamy Cucumber Salad</p> <p>BAR: Noodle Bar</p>	<p>24 Beef Meatballs in Beef Gravy</p> <p>School Made Dinner Roll Whipped Potatoes Sweet Green Peas</p> <p>BAR: Mexican Bar</p>	<p>25 Chicken and Waffles</p> <p>Oven Baked Tri Tators Sweet Potato Fries Fresh Caesar Salad Roasted Cauliflower</p> <p>BAR: Potato Bar</p>	<p>26 Chicken Wrap</p> <p>Seasoned Brown Rice Vegetarian Baked Beans Spinach and Romaine Salad Fresh Fixings</p> <p>BAR: Breakfast Bar</p>
<p>29 Regular or Spicy Chicken Patty on a Bun</p> <p>Waffle Fries Vegetarian Baked Beans</p> <p>BAR: Salad Bar</p>	<p>30 Mini Corn Dogs</p> <p>Roasted Butternut Squash Scalloped Potatoes Whole Kernel Corn</p> <p>BAR: Noodle Bar</p>	<p>31 Popcorn Chicken</p> <p>School Made Dinner Roll Whipped Potatoes Low fat Poultry Gravy Roasted Broccoli</p> <p>BAR: Mexican Bar</p>	<p>Grill Line: Hamburgers, Chicken, French Fries Grab & Go: Salads, Sandwiches, and Yogurt Parfaits Sides Offered Daily: Fresh Fruit, Fruit Sauce, Fresh Vegetables, Milk</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.

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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.