

High School Lunch Menu

November 2018

Menu subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Fish Sandwich on a Bun Waffle Fries Roasted Sweet Potatoes Coconut Curry Beans BAR: Potato Bar	2 Asian Chicken Seasoned Brown Rice Warm Garlic Breadstick Stir Fry Vegetables Honey Roasted Carrots BAR: Hot Dish Bar
5 Turkey Pepperoni or Cheese Pizza Choice Fresh Romaine Caesar Salad Black Bean Salad BAR: Soup and Sandwich	6 No School	7 Brunch For Lunch Roasted Carrots Oven Baked Tri Tators BAR: Mexican Bar School Made Blueberry Muffin	8 Meatball Sub Creamy Cole Slaw Potato Crunch Broccoli BAR: Potato Bar School Made Cookie	9 Sweet and Sour Chicken Seasoned Brown Rice Warm Garlic Breadstick Stir Fry Vegetables Roasted Peppers & Onions BAR: Breakfast Bar
12 2 for 1 Beef Hot Dogs Twister Fries Vegetarian Chili Sriracha Beans & Rice Roasted Squash BAR: Salad Bar	13 Popcorn Chicken Bowl Whipped Potatoes Low Fat Poultry Gravy Shredded Cheese School Made Dinner Roll Whole Kernel Corn BAR: Noodle Bar	14 French Dip Sandwich Roasted Peppers/Onions Sidewinders Potatoes Roasted Broccoli Au Jus and Cheese Sauce BAR: Mexican Bar	15 Turkey-N-Gravy Whipped Potatoes Low Fat Gravy Sweet Green Peas School Made Dinner Roll BAR: Potato Bar Mini Pumpkin Bar Dessert	16 Chicken Patty on a Bun Oven Baked French Fries Parmesan Cauliflower Creamy Cole Slaw Honey Roasted Carrots BAR: Hot Dish Bar
19 Chicken Parmesan Whole Grain Pasta Roasted Carrots Savory Green Beans & Onions BAR: Soup and Sandwich Bar	20 Chicken Po'Boy Sandwich Cilantro Lime Mayo Fresh Marinated Cucumbers and Carrots Oven Baked French Fries BAR: Noodle Bar	21 Beef Meatballs in Gravy Whipped Potatoes School Made Dinner Roll Sweet Green Peas BAR: Mexican Bar	22 No School	23 No School
26 Chicken Patty on a Bun Waffle Fries Vegetarian Baked Beans BAR: Salad Bar	27 Mini Corn Dogs Scalloped Potatoes Roasted Squash Whole Kernel Corn BAR: Noodle Bar	28 Popcorn Chicken Whipped Potatoes Low Fat Poultry Gravy School Made Dinner Roll Roasted Broccoli BAR: Mexican Bar	29 Fish Sandwich on a Bun Roasted Sweet Potatoes Coconut Curry Beans Oven Baked French Fries BAR: Potato Bar	30 No School


**High School
LUNCH PRICES**


Student "Paid"\$ 2.85
 Student "Reduced".....FREE
 Student "Free".....FREE
 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,

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.