

# High School Lunch Menu

## December 2018

Menu subject to change without notice.


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Pizza Choice Fresh Romaine Caesar Salad Black Bean Salad <b>BAR: Soup and Sandwich</b></p>	<p>4 Chicken Tenders Low Fat Gravy School Made Dinner Roll Whipped Potatoes Sweet Green Peas <b>BAR: Noodle Bar</b></p>	<p>5 Brunch For Lunch Roasted Carrots Oven Baked Tri Tators <b>BAR: Mexican Bar</b></p>	<p>6 Beef Meatball Sub Creamy Cole Slaw Potato Crunch Broccoli <b>BAR: Potato Bar</b>  Ice Cream Treat</p>	<p>7 Sweet and Sour Chicken Seasoned Brown Rice Whole Grain Garlic Breadstick Stir Fry Vegetables Roasted Peppers &amp; Onions <b>BAR: Breakfast Bar</b></p>
<p>10 2 for 1 Beef Hot Dogs Vegetarian Chili Twister Fries Roasted Squash Sriracha Beans &amp; Rice <b>BAR: Salad Bar</b></p>	<p>11 Popcorn Chicken Bowl Low Fat Poultry Gravy School Made Dinner Roll Whipped Potatoes Whole Kernel Corn <b>BAR: Noodle Bar</b></p>	<p>12 Beef French Dip Sandwich Roasted Peppers /Onions Zesty Baked Zucchini Sidewinder Potatoes Au Jus/ Cheese Sauce <b>BAR: Mexican Bar</b></p>	<p>13 Chicken Patty on a Bun Oven Baked Waffle Fries Parmesan Cauliflower Honey Roasted Carrots Creamy Coleslaw <b>BAR: Potato Bar</b></p>	<p>14 Italian Dunker Cheese Bread Marinara Sauce Romaine Lettuce Salad Roasted Broccoli <b>BAR: Hot Dish Bar</b></p>
<p>17 Chicken Parmesan Whole Grain Pasta Roasted Carrots Savory Green Beans &amp; Onions <b>BAR: Soup and Sandwich Bar</b></p>	<p>18 Chicken Po'Boy Sandwich Oven Baked French Fries Creamy Cucumber Salad <b>BAR: Noodle Bar</b></p>	<p>19 Beef Meatballs in Gravy Whipped Potatoes Sweet Green Peas School Made Dinner Roll <b>BAR: Mexican Bar</b></p>	<p>20 Chicken &amp; Waffles Oven Baked Tri Tators Roasted Soy Sauce Cauliflower Fresh Caesar Salad <b>BAR: Potato Bar</b></p>	<p>21 Chicken Wrap Tortilla Seasoned Brown Rice Vegetarian Baked Beans Romaine &amp; Spinach Salad <b>BAR: Breakfast Bar</b></p>
<p>24 <b>NO SCHOOL</b></p>	<p>25 <b>NO SCHOOL</b></p>	<p>26 <b>NO SCHOOL</b></p>	<p>27 <b>NO SCHOOL</b></p>	<p>28 <b>NO SCHOOL</b></p>


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](http://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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**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.*