


# Middle School Lunch Menu


## January 2019

Middle School LUNCH PRICES	
Student "Paid" .....	\$ 2.70
Student "Reduced" .....	FREE
Student "Free" .....	FREE
Milk .....	\$.50

Menu subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 No School	2 Choice of: Popcorn Chicken Or All American Beef Burger  Sweet Potato Fries Garlic Green Beans	3 Choice of: Chicken N Gravy Or Beef Meatballs N Gravy  Whipped Potatoes School Made Dinner Roll Sweet Peas	4 Choice of: Mandarin Orange Chicken Or Beef Fiestada Pizza  Warm Garlic Breadstick Seasoned Brown Rice Stir Fry Vegetables Cucumber Salad
7 Choice of: Chicken Patty on a Bun Or Beef Hamburger on a Bun  Sweet Potato Fries Buffalo Cauliflower	8 Choice of: Philly Beef Sandwich Or Cheese Calzone  Roasted Peppers & Onions Vegetarian Baked Beans Savory Green Beans and Onions Warm Cheese Sauce	9 Choice of: Chicken Tenders Or Cheese Pizza  Whipped Potatoes Low Fat Poultry Gravy School Made Dinner Roll Mint Sweet Peas	10 Choice of: Beef Walking Taco Or Chicken Walking Taco  Bag of Tortilla Chips Fresh Taco Fixings Seasoned Brown Rice Whole Kernel Corn Refried Beans	11 Choice of: Brunch for Lunch Or Turkey Corn Dog  Oven Baked Tri Tators Turkey Sausage Roasted Carrots  School Made Apple Crisp
14 Choice of: Sweet & Sour Chicken Or Sichuan Chicken  Warm Garlic Breadstick Seasoned Brown Rice Stir Fry Vegetables Potato Crunch Broccoli	15 Choice of: Beef Red Sauce Or Chicken Parmesan  Whole Grain Pasta Warm Garlic Toast California Blend Vegetables	16 Choice of: Mini Chicken Corn Dogs Or Cheese Pizza  School Made Soup Roasted Squash Roasted Brussel Sprouts	17 Choice of: Italian Dunker Cheese Bread Or Chicken Patty on a Bun  Marinara Sauce Chipotle Caesar Cauliflower Romaine Lettuce Salad	18 Choice of: Turkey Pepperoni or Cheese Stuffed Crust Pizza Or Fish Tacos in a Tortilla  Garlic Green Beans Vegetarian Baked Beans
21 No School	22 Choice of: Brunch for Lunch Or Turkey Corn Dog  Oven Baked Tri Tator Turkey Sausage Oven Roasted Carrots	23 Choice of: Chicken Fajitas Or Pork Fajitas  Whole Grain Tortillas Roasted Peppers & Onions Fresh Fajita Fixings Seasoned Brown Rice Black Beans	24 Choice of: Toasted Cheese Sandwich Or Grilled Chicken Sandwich  Creamy Tomato Soup Roasted Broccoli Cucumber Salad	25 Choice of: Chicken Tenders Or Personal Size Cheese Pizza  Whipped Potatoes Low Fat Gravy School Made Dinner Roll Cauliflower with Soy Sauce
28 Choice of: Turkey Pepperoni or Cheese Stuffed Crust Pizza Or Mozzarella Sticks  Marinara Sauce Oven Roasted Carrots Roasted Broccoli	29 Choice of: 2 for 1 Beef Hot Dogs Or Macaroni & Cheese  Vegetarian Baked Beans Bag of Baked Chips	30 Choice of: Popcorn Chicken Or All American Beef Burger  Sidewinders Potatoes Garlic Green Beans	31 Choice of: Turkey N Gravy Or Beef Meatballs in Gravy  Whipped Potatoes School Made Dinner Roll Sweet Peas	

\* 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.

**Entrée Offered Daily:** Sunbutter or PB & J Sandwiches, Grab-n-Go Salads or Salad bar, and Yogurt Parfaits.  
**Sides Offered Daily:** Fresh Fruit, Fruit Sauce, Fresh Vegetables, Milk

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



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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.*