

# Middle School Lunch Menu

## September 2018

Menu subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LABOR DAY	4 Stuffed Crust Pizza Turkey Pepperoni or Cheese  Oven Roasted Carrots Roasted Broccoli	5 Popcorn Chicken  Sweet Potato Fries Garlic Green Beans	6 2 for 1 Beef Hot Dogs  Sidewinder Potatoes Vegetarian Baked Beans	7 Mandarin Orange Chicken  Whole Grain Breadstick Seasoned Brown Rice Stir Fry Vegetables Sweet Green Peas
10 Chicken Patty on a Bun Regular or Spicy  Buffalo Cauliflower Sweet Potato Fries	11 Philly Beef on a Bun  Queso Cheese Sauce Savory Green Beans & Onions Roasted Peppers & Onions	12 Chicken Mini Corn Dogs  School Made Soup Roasted Butternut Squash Mint Sweet Peas	13 Beef Hamburger on a Bun  Fresh Hamburger Toppings Oven Baked Fries Vegetarian Baked Beans	14 Pizza Choice Turkey Pepperoni or Cheese  Garlic Green Beans Roasted Broccoli
17 Choice of: Sweet & Sour Chicken Or Sichuan Chicken  Seasoned Brown Rice Whole Grain Breadstick Stir Fry Vegetables Black Bean Salad	18 Choice of: Beef Marinara Sauce Or Chicken Parmesan  Whole Grain Pasta Whole Grain Garlic Toast Roasted Brussel Sprouts California Blend Vegetables	19 Choice of: Chicken Tenders Or Pizza Choice Turkey Pepperoni or Cheese  Low Fat Poultry Gravy School Made Dinner Roll Whipped Potatoes Mint Sweet Peas	20 Choice of: Italian Dunker Cheese Bread Or Chicken Patty on a Bun Regular or Spicy  Marinara Sauce Romaine Salad Chipotle Caesar Cauliflower	21 Choice of: Brunch for Lunch Or Chicken Corn Dog on a Stick  Oven Baked Tri Tators Turkey Sausage Oven Roasted Carrots School Made Apple Crisp
24 Choice of: Beef Hamburger on a Bun Or Fish Patty on a Bun  Oven Baked Twister Fries Creamy Coleslaw	25 Choice of: Brunch for Lunch w/Turkey Sausage Or Chicken Corn Dog on a Stick  Oven Baked Tri Tators Oven Roasted Carrots	26 Choice of: Chicken Or Pulled Pork Fajitas  Seasoned Brown Rice Black Beans Roasted Peppers & Onions	27 Choice of: Toasted Cheese Sandwich Or Grilled Chicken Sandwich  Oven Roasted Broccoli Cucumber Salad School Made Tomato Soup	28 Choice of: Chicken Tenders Or Personal Size Pizza  School Made Dinner Roll Low Fat Poultry Gravy Whipped Potatoes Soy Sauce Roasted Cauliflower

### Middle School LUNCH PRICES


Student "Paid" .....\$ 2.70  
 Student "Reduced".....FREE  
 Student "Free".....FREE  
 Adult.....\$3.75  
 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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**Entrée Offered Daily:** Salad Bar, Sunbutter or PB & J Sandwiches  
**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.*