

Middle School Lunch Menu

October 2018

Menu subject to change without notice.


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Choice of: Stuffed Crust Pizza Or Mozzarella sticks</p> <p>Marinara Sauce Oven Roasted Carrots</p>	<p>2 Choice of: 2 for 1 Beef Hot Dogs Or Macaroni & Cheese</p> <p>Oven Baked Spiral Cut Fries Vegetarian Baked Beans</p>	<p>3 Choice of: Popcorn Chicken Or All American Beef Burger</p> <p>Whole Grain Breadstick Sweet Potato Fries Garlic Green Beans</p>	<p>4 Choice of: Turkey and Poultry Gravy Or Beef Meatballs and Beef Gravy</p> <p>School Made Whole Grain Dinner Roll Whipped Potatoes Sweet Green Peas</p>	<p>5 Choice of: Mandarin Orange Chicken Or Ranchero Pizza</p> <p>Whole Grain Breadstick Seasoned Brown Rice Stir Fry Vegetables</p>
<p>8 Choice of: Chicken Patty on a Bun Or Beef Hamburger on a Bun</p> <p>Sweet Potato Fries Vegetarian Baked Beans</p>	<p>9 Choice of: Philly Beef on a Bun Or Calzone</p> <p>Queso Cheese Sauce Roasted Peppers & Onions Savory Green Beans & Onions</p>	<p>10 Choice of: Chicken Tenders Or Pizza Choice Turkey Pepperoni or Cheese</p> <p>School Made Dinner Roll</p> <p>Low Fat Poultry Gravy Whipped Potatoes Mint Sweet Peas</p>	<p>11 Choice of: Beef Or Chicken Walking Taco</p> <p>Whole Grain Chips Seasoned Brown Rice Refried Beans Whole Kernel Corn</p>	<p>12 Choice of: Brunch for Lunch Or Chicken Corn Dog on a Stick</p> <p>Oven Baked Tri Tator Turkey Sausage Oven Roasted Carrots School Made Apple Crisp</p>
<p>15 Choice of: Sweet & Sour Chicken Or Sichuan Chicken</p> <p>Seasoned Brown Rice Whole Grain Breadstick Stir Fry Vegetables</p>	<p>16 Choice of: All American Beef Burger Or BBQ Pulled Pork Sandwich</p> <p>Sweet Potato Fries Cream Coleslaw Vegetarian Baked Beans</p>	<p>17 Choice of: Italian Dunker Cheese Bread Or Chicken Patty on a Bun Regular or Spicy</p> <p>Marinara Sauce Chipotle Caesar Cauliflower Romaine Lettuce Salad</p>	<p>18 No School</p>	<p>19 No School</p>
<p>22 Choice of: Beef Hamburger on a Bun Or Fish Patty on a Bun</p> <p>Oven Baked Twister Fries Creamy Coleslaw</p>	<p>23 Choice of: Brunch for Lunch Or Chicken Corn Dog on a Stick</p> <p>Oven Baked Tri Tator Turkey Sausage Oven Roasted Carrots</p>	<p>24 Choice of: Chicken Or Pulled Pork Fajita</p> <p>Warm Tortilla Seasoned Brown Rice Fresh Fajita Fixings Black Bean Salad Roasted Peppers & Onions</p>	<p>25 Choice of: Toasted Cheese Sandwich Or Grilled Chicken Sandwich</p> <p>Oven Roasted Broccoli Cucumber Salad School Made Soup</p>	<p>26 Choice of: Chicken Tenders Or Personal Size Pizza</p> <p>Low Fat Poultry Gravy School Made Whole Grain Din- ner Roll Whipped Potatoes Roasted Cauliflower</p>
<p>29 Choice of: Stuffed Crust Pizza Or Fish Tacos</p> <p>Fresh Taco Fixings Oven Roasted Carrots Roasted Broccoli</p>	<p>30 Choice of: 2 for 1 Beef Hot Dogs Or Macaroni and Cheese</p> <p>Sidewinder Potatoes Vegetarian Baked Beans</p>	<p>31 Choice of: Popcorn Chicken Or All American Beef Burger</p> <p>Sweet Potato Fries Garlic Green Beans</p>		


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 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, Parfait 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.