

# Middle School Lunch Menu

## December 2018

Menu subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Patty on a Bun Or Beef Hamburger on a Bun  Sweet Potato Fries Buffalo Cauliflower	4 Philly Beef Sandwich Or Three Cheese Calzone  Queso Cheese Sauce Roasted Peppers & Onions Vegetarian Baked Beans Savory Green Beans & Onions	5 Chicken Tenders Or Pizza Choice  Low Fat Poultry Gravy Whipped Potatoes School Made Dinner Roll Mint Sweet Peas	6 Choice of: Beef or Chicken Walking Taco  Chips or Tortillas Seasoned Brown Rice Refried Beans Fresh Taco Fixings Whole Kernel Corn	7 Choice of: Brunch for Lunch Or Turkey Corn Dog Oven Roasted Tri Tators Turkey Sausage Roasted Carrots  School Made Apple Crisp
10 Choice of: Sweet & Sour Chicken Or Sichuan Chicken  Seasoned Brown Rice Whole Grain Breadstick Stir Fry Vegetables	11 Choice of: Spaghetti with Beef Meat Sauce Or Chicken Parmesan  Whole Grain Garlic Toast Roasted Brussel Sprouts California Blend Vegetable	12 Choice of: Mini Chicken Corn Dogs Or Cheese or Turkey Pepperoni Pizza Choice  School Made Soup Mint Sweet Peas Roasted Squash	13 Choice of: Italian Dunker Cheese Bread Or Spicy Chicken Patty on a Bun  Romaine Salad Marinara Sauce Chipotle Caesar Cauliflower Salad	14 Choice of: Cheese or Turkey Pepperoni Stuffed Crust Pizza Or Fish Taco w/Tortilla  Garlic Green Beans Vegetarian Baked Beans
17 Choice of: Beef Hamburger Or Fish Patty on a Bun  Twister Fries Creamy Coleslaw	18 Choice of: Brunch for Lunch Or Turkey Corn Dog  Oven Roasted Tri Tators Turkey Sausage Roasted Carrots	19 Choice of: Chicken Or Pork Fajita  Tortilla Seasoned Brown Rice Black Beans Roasted Peppers and Onions Fresh Fajita Fixings	20 Choice of: Toasted Cheese Sandwich Or Grilled Chicken Sandwich  Roasted Broccoli Cucumber Salad School Made Tomato Soup	21 Chicken Tenders Or Personal Cheese Pan Pizza  Low Fat Poultry Gravy School Made Dinner Roll Cauliflower with Soy Sauce
24  NO SCHOOL	25  NO SCHOOL	26  NO SCHOOL	27  NO SCHOOL	28  NO SCHOOL

### Middle School LUNCH PRICES

Student "Paid" .....\$ 2.70  
 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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**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.*