

OALC and OEC Lunch Menu

January 2019

OALC & OEC LUNCH PRICES	
Student "Paid"	\$ 2.85
Student "Reduced"	FREE
Student "Free"	FREE
Milk	\$.50

Menu subject to change without notice.


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		2 Beef Hamburger on a Bun OR Turkey Burger on a Bun Oven Baked Twister Fries Vegetarian Baked Beans Fresh Burger Fixings	3 Beef or Chicken Taco Salad OR Cheese Pizza Tortilla Chips Seasoned Brown Rice Black Beans Whole Kernel Corn Fresh Taco Fixings	4 Mini Corn Dogs OR Fish Patty on a Bun Oven Baked Tri Tators Roasted Broccoli
7 Chicken Tenders OR Fish Nuggets Whipped Potatoes Low Fat Poultry Gravy School Made Dinner Roll Sweet Green Peas	8 Asian Chicken OR Hot Turkey Ham and Cheese Sandwich Seasoned Brown Rice Warm Garlic Bread Stick Stir Fry Vegetables	9 Italian Dunker Cheese Bread OR Turkey Corn Dog Marinara Sauce Roasted Cauliflower Romaine Lettuce Salad	10 Beef or Chicken Taco OR Cheese Pizza Soft Tortilla or Hard Shell Fresh Taco Fixings Seasoned Brown Rice Refried Beans Whole Kernel Corn	11 BBQ Pork Sandwich * OR Grilled Chicken Sandwich Sweet Potato Fries Creamy Cole Slaw
14 Chicken Patty on a Bun Or Turkey Corn Dog Scalloped Potatoes Potato Crunch Broccoli Fresh Fixings	15 Brunch for Lunch OR Hot Turkey Ham and Cheese Sandwich Oven Baked Tri Tators Turkey Sausage Roasted Carrots Orange Juice	16 Popcorn Chicken Or Honey Sriracha Chicken Macaroni and Cheese School made Dinner Roll Savory Green Beans and Onions	17 Beef or Chicken Taco Salad OR Cheese Pizza Tortilla Chips Seasoned Brown Rice Black Beans Whole Kernel Corn Fresh Taco Fixings	18 Grilled Chicken Sandwich OR Fish Patty on a Bun Oven Baked Fries Parmesan Cauliflower
21 No School	22 Asian Chicken OR Shredded Pork * Seasoned Brown Rice Warm Garlic Bread Stick Stir Fry Vegetables	23 Chicken Tender Wrap Or Beef Rib-B-Que Roasted Cauliflower Sweet Potato Fries	24 Beef Cheeseburger Hot Dish Or Turkey Corn Dog Roasted Broccoli Whole Grain Breadstick	25 Philly Beef Sandwich OR Grilled Chicken Sandwich Roasted Peppers and Onions Oven Baked Fries Queso Cheese Sauce
28 Turkey Pepperoni or Cheese Pizza Or Turkey Corn Dog Caesar Salad Roasted Broccoli	29 Popcorn Chicken OR Beef Meatballs Whipped Potatoes Low Fat Poultry or Beef Gravy School Made Dinner Roll Garlic Green Beans	30 Beef Hamburger on a Bun OR Turkey Burger on a Bun Oven Baked Twister Fries Vegetarian Baked Beans Fresh Burger Fixings	31 Beef or Chicken Taco Salad OR Cheese Pizza Tortilla Chips Seasoned Brown Rice Black Beans Whole Kernel Corn Fresh Taco Fixings	<div data-bbox="1258 1396 1518 1669" data-label="Complex-Block"> <p>All Grains/Breads offered are a minimum of 51% Whole Grain</p>  </div>


Entrée Offered Daily: Salad Bar, Sunbutter or PB & J Sandwiches
Sides Offered Daily: Fresh Fruit, Fruit Sauce, Fresh Vegetables, Milk

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.

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.

* 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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