

OALC and OEC Lunch Menu

May 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
		1 Beef Hamburger OR Turkey Burger Oven Baked Twister Fries Vegetarian Baked Beans Fresh Burger Fixings	2 Beef or Chicken Taco OR Cheese Pizza Soft Tortilla or Hard Shell Seasoned Brown Rice Refried Beans Whole Kernel Corn Fresh Taco Fixings	3 Mini Chicken Corn Dogs OR Fish Sandwich Oven Baked Tri Tators Roasted Broccoli
6 Chicken Tenders OR Fish Nuggets Whipped Potatoes Low Fat Gravy School Made Dinner Roll Sweet Peas	7 Asian Chicken OR Hot Turkey Ham & Cheese Sandwich Seasoned Brown Rice School Made Dinner Roll Stir Fry Vegetables	8 Italian Dunker Cheese Bread OR Turkey Corn Dog Marinara sauce Parmesan Cauliflower Romaine Lettuce Salad	9 Beef or Chicken Taco Salad OR Cheese Pizza Tortilla Chips Seasoned Brown Rice Black Beans Whole Kernel Corn Fresh Taco Fixings	10 BBQ Pork Sandwich * OR Grilled Chicken Sandwich Sweet Potato Fries Creamy Cole Slaw
13 Chicken Patty on a Bun OR Turkey Corn Dog Potato Crunch Broccoli Scalloped Potatoes	14 Turkey-N- Gravy OR Hot Turkey Ham and Cheese Whipped Potatoes Roasted Carrots School Made Dinner Roll	15 Popcorn Chicken Or Honey Sriracha Chicken Macaroni and Cheese Garlic Breadstick Savory Green Beans and Onions	16 Beef or Chicken Taco OR Cheese Pizza Soft Tortilla or Hard Shell Seasoned Brown Rice Refried Beans Whole Kernel Corn Fresh Taco Fixings	17 Grilled Chicken Sandwich OR Fish Sandwich Oven Baked Fries Roasted Brussels Sprouts School Made Cookie
20 Chicken Tender Wrap OR Beef Rib-B-Que Sweet Potato Fries Roasted Cauliflower	21 Asian Chicken OR Shredded Pork* Seasoned Brown Rice School Made Dinner Roll Stir Fry Vegetables Sweet Green Peas	22 Deli Sandwich OR Hot Ham & Cheese Sandwich Vegetarian Baked Beans Roasted Broccoli Fresh Fixings of Romaine, Tomatoes, Onion, Pickles	23 Beef or Chicken Taco Salad OR Cheese Pizza Tortilla Chips Seasoned Brown Rice Black Beans Whole Kernel Corn Fresh Taco Fixings	24 Philly Beef Sandwich OR Grilled Chicken Sandwich Roasted Peppers and On- ions Queso Cheese Sauce Sweet Potato Fries Coconut Curry Beans

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


May 28– June 6 will be Nutrition Manager’s choice. Please call your school if you have questions on the menu for those days.


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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.

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.