

OALC & OEC Lunch Menu

September 2018

Menu subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 NO SCHOOL LABOR DAY	4 Stuffed Crust Pizza Turkey Pepperoni or Cheese OR Toasted Cheese Sandwich Romaine Caesar Salad	5 Beef Hamburger on a Bun OR Turkey Burger on a Bun Oven Baked Twister Fries Vegetarian Baked Beans Fresh Burger Fixings	6 Beef OR Chicken Taco Salad Whole Grain Tortilla Chips Seasoned Brown Rice Black Beans Whole Kernel Corn Fresh Taco Fixings	7 Chicken Mini Corn Dogs OR Fish Sandwich on a Bun Oven Baked Sidewinder Fries Roasted Broccoli
10 Chicken Tenders Regular or Spicy OR Fish Nuggets School Made Dinner Roll Low Fat Poultry Gravy Whipped Potatoes Sweet Green Peas	11 Asian Chicken OR Hot Turkey Ham & Cheese Sandwich Seasoned Brown Rice Whole Grain Garlic Breadstick Stir Fry Vegetables	12 Italian Dunkers OR Chicken Corn Dog on a Stick Caesar Cauliflower Oven Roasted Broccoli	13 Beef or Chicken Taco Or Cheese Pizza Soft Tortilla or Hard Shell Seasoned Brown Rice Refried Beans Whole Kernel Corn Fresh Taco Fixings	14 BBQ Pork on a Bun OR Grilled Chicken Sandwich Sweet Potato Fries
17 Chicken Patty on a Bun Regular or Spicy OR Chicken Corn Dog on a stick Potato Crunch Broccoli Scalloped Potatoes Fresh Fixings	18 Brunch for Lunch OR Hot Turkey Ham & Cheese Sand- wich Oven Baked Tri Tators Turkey Sausage Orange Juice	19 Popcorn Chicken OR Shrimp Poppers & Macaroni and Cheese Garlic Breadstick Savory Green Beans	20 Beef or Chicken Taco Salad Or Cheese Pizza Soft Tortilla or Hard Shell Seasoned Brown Rice Black Beans Whole Kernel Corn Fresh Taco Fixings	21 Grilled Chicken Sandwich OR Fish Sandwich Oven Baked Tator Tots Roasted Butternut Squash Fresh Fixings
24 Chicken Tender Wrap OR Beef Rib-B-Que Roasted Cauliflower Sweet Potato Fries	25 Asian Chicken OR Shredded Pork Whole Grain Garlic Breadstick Seasoned Brown Rice Stir Fry Vegetables	26 Deli Sandwich or Hot Turkey Ham & Cheese Sandwich Oven Roasted Carrots Fresh Fixings	27 Beef or Chicken Taco or Soft Tortilla or Hard Shell Seasoned Brown Rice Refried Beans Whole Kernel Corn Fresh Taco Fixings	28 Philly Beef Sandwich w/Queso Cheese OR Beef Meatball Sub w/Marinara Sweet Potato Fries Roasted Peppers and Onions

OALC & OEC LUNCH PRICES


Student "Paid"	\$ 2.85
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.

In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 2025-9410 or call (866) 632-9992 (Voice and TDD). USDA is an equal opportunity provider and employer.

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.