

OALC & OEC Lunch Menu

October 2018

Menu subject to change without notice.


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pizza Choice Turkey Pepperoni or Cheese OR Turkey Corn Dog on a Stick Romaine Caesar Salad	2 Popcorn Chicken OR Beef Meatballs Low Fat Poultry Gravy School Made Whole Grain Dinner Roll Whipped Potatoes Garlic Green Beans	3 Beef Hamburger on a Bun OR Turkey Burger on a Bun Oven Baked Twister Fries Vegetarian Baked Beans Fresh Fixings	4 Beef or Chicken Taco Salad OR Cheese Pizza Tortilla Chips Seasoned Brown Rice Black Beans Whole Kernel Corn Fresh Taco Fixings	5 Mini Chicken Corn Dogs OR Fish Sandwich Oven Baked Sidewinder Potatoes Roasted Broccoli
8 Chicken Tenders OR Fish Nuggets Whipped Potatoes Low Fat Poultry Gravy School Made Dinner Roll Sweet Green Peas	9 Asian Chicken OR Hot Turkey Ham & Cheese Sandwich Whole Grain Garlic Breadstick Seasoned Brown Rice Stir Fry Vegetables	10 Italian Dunker Cheese Bread OR Turkey Corn Dog on a Stick Marinara Sauce Caesar Salad Roasted Broccoli	11 Beef or Chicken Taco OR Cheese Pizza Soft Tortilla or Hard Shell Seasoned Brown Rice Refried Beans Whole Kernel Corn Fresh Taco Fixings	12 BBQ Pork Sandwich OR Grilled Chicken Sandwich Sweet Potato Fries Creamy Cole Slaw
15 Chicken Patty OR Corn Dog Potato Crunch Broccoli Scalloped Potatoes	16 Brunch for Lunch OR Hot Turkey Ham and Cheese Sandwich Oven Baked Tri Tators Turkey Sausage Oven Roasted Carrots Orange Juice	17 Popcorn Chicken Or Honey Sriracha Chicken Macaroni and Cheese School Made Whole Grain Dinner Roll Savory Green Beans Parmesan Cauliflower	18 No School Today	19 No School Today
22 Chicken Tender Wrap OR Beef Rib-B-Que Roasted Cauliflower Sweet Potato Fries	23 Asian Chicken OR Shredded Pork Seasoned Brown Rice Warm Garlic Breadstick Stir Fry Vegetables Creamy Cucumber Salad	24 Deli Sandwich Or Hot Turkey Ham and Cheese Sandwich Waffle Fries Roasted Carrots	25 Beef or Chicken Taco Salad OR Cheese Pizza Tortilla Chips Seasoned Brown Rice Black Beans Whole Kernel Corn Fresh Taco Fixings	26 Philly Beef Sandwich OR Grilled Chicken Sandwich Oven Baked Fries Roasted Peppers and Onions Queso Cheese Sauce
29 Pizza Choice Turkey Pepperoni or Cheese Or Turkey Corn Dog on a Stick Caesar Salad Roasted Carrots	30 Popcorn Chicken OR Beef Meatballs in Gravy Whipped Potatoes Low Fat Poultry Gravy Garlic Green Beans	31 Beef Hamburger on a Bun Or Turkey Burger on a Bun Oven Baked Twister Fries Vegetarian Baked Beans Fresh Fixings		


OALC & OEC LUNCH PRICES	
Student "Paid"	\$ 2.85
Student "Reduced"	FREE
Student "Free"	FREE
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,

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.