

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 Chicken 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 Turkey Pepperoni or Beef Tortilla Chips Seasoned Brown Rice Black Beans Whole Kernel Corn Fresh Taco Fixings	5 Mini Corn Dogs OR Fish Sandwich Oven Baked Sidewinder Roasted Broccoli
8 Chicken Tenders OR Fish Nuggets Low Fat Poultry Gravy School Made Dinner Roll Whipped Potatoes 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 Chicken Corn Dog on a Stick Caesar Salad Roasted Broccoli	11 Beef or Chicken Taco 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
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 Tukey Sausage Orange Juice	17 Popcorn Chicken Or Shrimp Poppers & Macaroni and Cheese School Made Whole Grain Dinner Roll Savory Green Beans	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 Garlic Breadstick Stir Fry Vegetables	24 Beef Lasagna Or Chicken Corn Dog on a Stick Whole Grain Garlic Breadstick Caesar Salad Roasted Broccoli	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 Sweet Potato Fries Roasted Peppers and Onions Queso Cheese Sauce
29 Pizza Choice Turkey Pepperoni or Cheese Or Chicken Corn Dog on a Stick Caesar Salad	30 Popcorn Chicken OR Beef Meatballs 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
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.

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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.