



Middle School Lunch Menu

September, 2016

LUNCH PRICES

Middle School Student "Paid".....	\$2.70
Student "Reduced".....	FREE
Student "Free".....	FREE
Milk.....	\$.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>LABOR DAY</p> <p>Offered Daily on all Serving Lines: Fresh Vegetable Sticks Fresh Fruit and Fruit Sauce Milk Choice</p>	<p>6 <u>Pizza</u></p> <p>Bean Salad California Blend Vegetables</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p>7 <u>Popcorn Chicken</u></p> <p>Potato Choice Roasted Green Beans School made Dinner Roll</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p>8 <u>Mini Corn Dogs</u> <u>School Made Soup</u></p> <p>Sweet Tender Green Peas Potato Crunch Roasted Broccoli School Made Dessert</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p>9 <u>Brunch for Lunch</u></p> <p>Turkey Sausage Links Tri Tators Steamed Carrots</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>
<p>12 <u>Chicken Tender Wrap</u></p> <p>Seasoned Brown Rice Romaine Lettuce Roasted Brussels Sprouts Whole Kernel Corn</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p>13 <u>Philly Beef Sandwich</u></p> <p>Queso Cheese Sauce Roasted Broccoli Roasted Peppers and Onions Waffle Fries School Made Dessert</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p>14 <u>Popcorn Chicken</u></p> <p>Whipped Potatoes Low Fat Gravy Garlic Roasted Green Beans Roasted Beets and Sweets School Made Dinner Roll</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p>15 <u>Orange or Sichuan Chicken</u></p> <p>Seasoned Brown Rice Fresh Spinach Salad Stir Fry Vegetables Warm Garlic Breadstick</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p>16 <u>Pizza</u></p> <p>Bean Salad California Blend Vegetables</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>
<p>19 <u>Chicken Patty</u></p> <p>Sweet Potato Fries California Blend Vegetables Fresh Fixings</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p>20 <u>Brunch for Lunch</u></p> <p>Turkey Sausage Links Tri Tators Steamed Carrots School Made Apple Crisp</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p>21 <u>Spaghetti</u></p> <p>Meat or Marinara Sauce Roasted Green Beans Creamy Coleslaw School Made Garlic Bread</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p>22 <u>Build Your Own Taco</u> <u>Hard or Soft Shell</u></p> <p>Fresh Taco Fixings including Shredded Romaine, Diced Tomatoes, Diced Onion, Shredded Cheese Seasoned Brown Rice Zesty Refried Beans Whole Kernel Corn</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p>23 <u>Deli Sandwich</u></p> <p>Vegetarian Baked Beans Fresh Broccoli Salad Fresh Sandwich Fixings Bag of Baked Chips</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>
<p>26 <u>Hamburger on a Bun</u></p> <p>Oven Baked French Fries Fresh Burger Fixings Vegetarian Baked Beans Roasted Green Beans</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p>27 <u>Mini Corn Dogs</u></p> <p>California Blend Vegetables Sweet Tender Green Peas School Made Soup</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p>28 <u>Italian Dunker Cheese Bread</u></p> <p>Marinara Sauce Roasted Broccoli <i>Vegetable of the Month:</i> <i>Roasted Squash</i></p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p>29 <u>Fish Nuggets</u></p> <p>Macaroni and Cheese Roasted Green Beans School Made Dessert</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>	<p>30 <u>Chicken Tenders</u></p> <p>Whipped Potatoes Low Fat Gravy Roasted Brussels Sprouts School Made Dinner Roll</p> <p>Alternates: Salads/ Salad Bar Sandwich Variety Fruit and Yogurt Parfait</p>

Menu subject to change without notice.

The nutrient analysis is based on the menu as written. Alternate menu choices are available daily but are not included in the weekly menu analysis.

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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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.

September's Vegetable of the month is SQUASH

Did You Know? Summer squash has vitamins A and C which help keep your body healthy and also help prevent you from getting sick.

