

High School Lunch Menu September 2017

LUNCH PRICES

Senior High Student "Paid"	\$ 2.85
Student "Reduced"	FREE
Student "Free"	FREE
Mill	¢ 50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Offered Daily on all Serving Lines: Fresh Vegetable Sticks Fresh Fruit and Fruit Sauce	MAIN: Chicken Patty on a Bun Waffle Fries Vegetarian Baked Beans BAR: Salad Bar GRILL: Hamburgers and Chicken GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)	Main: Mini Corn Dogs Roasted Carrots Whole Kernel Corn BAR: Noodle Bar GRILL: Hamburgers and Chicken GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)	Main: Popcorn Chicken Whipped Potatoes Low lat Gravy Roasted Broccoli BAR: Mexican Bar GRILL: Hamburgers and Chicken GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)	Main: Asian Chicken Seasoned Brown Rice Garlic Breadstick Stir Fry Vegetables Garlic Green Beans BAR: Hot Dish Bar GRILL: Hamburgers and Chicken GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)
Main: Pizza Choice Fresh Romaine Caesar Salad Black Bean Salad BAR: Soup and Sandwich GRILL: Hamburgers and Chicken GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)	Main: Chicken Tenders Whipped Potatoes Low fat Gravy Sweet Green Peas BAR: Noodle Bar GRILL: Hamburgers and Chicken GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)	Main: Brunch For Lunch Roasted Carrots Oven Baked Tri Tators BAR: Mexican Bar GRILL: Hamburgers and Chicken GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)	Main: Meatball Sub Creamy Cole Slaw Potato Crunch Broccoli BAR: Potato Bar GRILL: Hamburgers and Chicken GRAB and GO (Salads, Sand- wiches, and Yogurt Parfaits)	Main: Sweet and Sour Chicken Seasoned Brown Rice Garlic Breadstick Stir Fry Vegetables BAR: Breakfast Bar GRILL: Hamburgers and Chicken GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)
Main: 2 for 1 Beef Hot Dogs Vegetarian Chili Vegetable of the Month Roasted Squash BAR: Salad Bar GRILL: Hamburgers and Chicken GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)	Main: Popcorn Chicken Bowl Whipped Potatoes Low Fat Gravy Shredded Cheese Whole Kernel Corn BAR: Noodle Bar GRILL: Hamburgers and Chicken GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)	Main: French Dip Sandwich Roasted Peppers / Onions Caramelized Green Beans Au Jus/ Cheese Sauce BAR: Mexican Bar GRILL: Hamburgers and Chicken GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)	Main: Chicken Patty on a Bun Parmesan Cauliflower Honey Roasted Carrots BAR: Potato Bar GRILL: Hamburgers and Chicken GRAB and GO (Salads, Sand- wiches, and Yogurt Parfaits)	Main: Italian Dunker Cheese Bread Marinara Sauce Creamy Cole Slaw Roasted Broccoli BAR: Hot Dish Bar GRILL: Hamburgers and Chicken GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)
Main: Chicken Parmesan Whole Grain Pasta Roasted Carrots Garlic Green Beans BAR: Soup and Sandwich Bar GRILL: Hamburgers and Chicken GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)	Main: Chicken Po'Boy Sandwich Oven Baked French Fries Creamy Cucumber Salad BAR: Noodle Bar GRILL: Hamburgers and Chicken GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)	Main: Beef Meatballs in Gravy Whipped Potatoes Sweet Green Peas BAR: Mexican Bar GRILL: Hamburgers and Chicken GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)	Main: Fish Sandwich Sweet Potato Fries Fresh Caesar Salad BAR: Potato Bar GRILL: Hamburgers and Chicken GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)	Main: Chicken Wrap Seasoned Brown Rice Vegetarian Baked Beans Spinach and Romaine Salad Fresh Fixings BAR: Breakfast Bar GRILL: Hamburgers and Chicken GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)

Menu subject to change without notice.

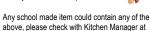
All Grains/Breads
offered are a
minimum of
51% Whole
Grain.



*May contain Pork



May contain nuts or peanut butter



Allergy Notice: Products have been made in the District Kitchens or plants where milk,

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Free and Reduced Meal
Applications available
online at
http://district279.org/fma
OR
may be picked up at any
school within District
279 or the District
Office.

VEGETABLE OF THE MONTH: SQUASH Did you Know? Squash has Vitamins A and C which keep your body healthy!

