

High School Lunch Menu

October 2017

Menu subject to change without notice.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 <i>Main:</i> Chicken Patty on a Bun Waffle Fries Vegetarian Baked Beans <i>BAR:</i> Salad Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>3 <i>Main:</i> Mini Corn Dogs Roasted Carrots Whole Kernel Corn <i>BAR:</i> Noodle Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>4 <i>Main:</i> Popcorn Chicken Whipped Potatoes Low fat Gravy Roasted Broccoli <i>BAR:</i> Mexican Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>5 <i>Main:</i> Pulled Pork on a Bun Roasted Sweet Potatoes Creamy Cucumber Salad Pickles and Sliced Onions <i>BAR:</i> Potato Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits) Pulled Pork on a Bun</p>	<p>6 <i>Main:</i> Asian Chicken Seasoned Brown Rice Garlic Breadstick Stir Fry Vegetables Garlic Green Beans <i>BAR:</i> Hot Dish Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>
<p>9 <i>Main:</i> Pizza Choice Fresh Romaine Caesar Salad Black Bean Salad <i>BAR:</i> Soup and Sandwich <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>10 <i>Main:</i> Chicken Tenders Whipped Potatoes Low fat Gravy Sweet Green Peas <i>BAR:</i> Noodle Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>11 13 <i>Main:</i> Brunch For Lunch Roasted Carrots Oven Baked Tri Tators <i>BAR:</i> Mexican Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>12 <i>Main:</i> Meatball Sub Creamy Cole Slaw Potato Crunch Broccoli <i>BAR:</i> Potato Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>13 <i>Main:</i> Sweet and Sour Chicken Seasoned Brown Rice Garlic Breadstick Stir Fry Vegetables <i>BAR:</i> Breakfast Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>
<p>16 <i>Main:</i> 2 for 1 Beef Hot Dogs Vegetarian Chili Roasted Squash <i>BAR:</i> Salad Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>17 <i>Main:</i> Popcorn Chicken Bowl Whipped Potatoes Low Fat Gravy Shredded Cheese Whole Kernel Corn Roasted Carrots <i>BAR:</i> Noodle Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>18 <i>Main:</i> French Dip Sandwich Roasted Peppers /Onions Roasted Broccoli Au Jus/ Cheese Sauce <i>BAR:</i> Mexican Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>19 No School Today</p>	<p>20 No School Today</p>
<p>23 <i>Main:</i> Chicken Parmesan Whole Grain Pasta Roasted Carrots <i>Vegetable of the Month:</i> Roasted Brussels Sprouts <i>BAR:</i> Soup and Sandwich Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>24 <i>Main:</i> Chicken Po'Boy Sandwich Oven Baked French Fries Creamy Cucumber Salad <i>BAR:</i> Noodle Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>25 <i>Main:</i> Beef Meatballs in Gravy Whipped Potatoes Sweet Green Peas <i>BAR:</i> Mexican Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>26 <i>Main:</i> Fish Sandwich Sweet Potato Fries Fresh Caesar Salad <i>BAR:</i> Potato Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>27 <i>Main:</i> Chicken Wrap Seasoned Brown Rice Vegetarian Baked Beans Spinach and Romaine Salad Fresh Fixings <i>BAR:</i> Breakfast Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>
<p>30 No School Today</p>	<p>31 <i>Main:</i> Mini Corn Dogs Roasted Carrots Whole Kernel Corn <i>BAR:</i> Noodle Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>Vegetable of the Month: Brussels Sprouts Did You Know: Brussels Sprouts used to be considered a gourmet vegetable and would be served as a treat with dinner.</p>		



LUNCH PRICES

Elem. Student "Paid"\$ 2.85
Student "Reduced"FREE
Student "Free".....FREE
Milk.....\$.50

Offered Daily on all Serving Lines:
Fresh Vegetable Sticks
Fresh Fruit and Fruit Sauce
Milk Choice

*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

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



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.

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