

Middle School Lunch Menu

October 2017

Menu subject to change without notice.



LUNCH PRICES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Stuffed Crust Pizza OR Mozzarella Sticks</p> <p>Roasted Carrots Fresh Romaine Salad</p>	<p>3 2 for 1 Beef Hot Dogs OR Chicken Po'Boy Sandwich</p> <p>Oven Baked Twister Fries Vegetarian Baked Beans Mini Brownie #</p>	<p>4 Popcorn Chicken OR Beef Rib B Que</p> <p>Sweet Potato Fries Garlic Green Beans Warm School Made Dinner Roll</p>	<p>5 Turkey-N-Gravy OR Beef Meatballs</p> <p>Whipped Potatoes Low Fat Gravy Sweet Peas Warm School Made Dinner Roll</p>	<p>6 Mandarin Orange Chicken OR Ranchero Pizza</p> <p>Seasoned Brown Rice Garlic Breadstick Stir Fry Vegetables Romaine Vegetable Salad</p>
<p>9 Chicken Patty OR Hamburger</p> <p>Sweet Potato Fries Roasted Cauliflower Fresh Sandwich Fixings of Lettuce, Tomato, Onion and Pickles</p>	<p>10 Spaghetti with Meat Sauce OR Chicken Parmesan</p> <p>Spaghetti Noodles Warm French Bread Slice <i>Vegetable of the Month: Roasted Brussels Sprouts</i> California Blend Vegetables</p>	<p>11 French Toast Sticks w/ Sausage OR Corn Dog</p> <p>Oven Baked Tri Tators Roasted Carrots Warm Apple Crisp</p>	<p>12 Build Your Own Beef Tacos OR Shredded Pork *</p> <p>Seasoned Brown Rice Soft Tortilla or Hard Taco Shell Fresh Fixings of Romaine, Diced Tomatoes, Diced Onion and Jalapeno Peppers Whole Kernel Corn Zesty Refried Beans</p>	<p>13 Chicken Tenders OR Individual Pizza</p> <p>Whipped Potatoes Low Fat Gravy School Made Dinner Roll Potato Crunch Broccoli</p>
<p>16 Sweet and Sour Chicken OR Sichuan Chicken</p> <p>Seasoned Brown Rice Warm Garlic Breadstick Stir Fry Vegetables Romaine Vegetable Salad</p>	<p>17 Philly Beef Sandwich OR Fish Nuggets</p> <p>Roasted Peppers and Onions Sweet Potato Fries Black Bean Salad School Made Cookie</p>	<p>18 Italian Dunkers OR Spicy Chicken Patty</p> <p>Chipotle Caesar Cauliflower Salad Romaine Vegetable Salad Roasted Squash</p>	<p>19 No School</p>	<p>20 No School</p>
<p>23 Hamburger OR Fish Patty on a Bun</p> <p>Oven Baked French Fries Candied Sweet Potatoes Fresh Sandwich Fixings of Lettuce, Tomato, Onion and Pickles</p>	<p>24 French Toast Sticks w/ Sausage OR Corn Dog</p> <p>Oven Baked Tri Tators Roasted Carrots Warm Apple Crisp</p>	<p>25 Chicken Fajitas OR Shredded Pork *</p> <p>Soft Tortilla Roasted Peppers and Onions Seasoned Brown Rice Shredded Cheese Fresh Romaine Lettuce Black Beans Whole Kernel Corn</p>	<p>26 Toasted Cheese Sandwich OR Grilled Chicken Sandwich</p> <p>Creamy Tomato Soup Roasted Broccoli Creamy Cucumber Salad</p>	<p>27 Chicken Tenders OR Individual Round Pizza</p> <p>Whipped Potatoes Low Fat Gravy School Made Dinner Roll Potato Crunch Broccoli</p>
<p>30 No School Today</p>	<p>31 Stuffed Crust Pizza OR Mozzarella Sticks</p> <p>Roasted Carrots Fresh Romaine Salad</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>		



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,

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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