

Middle School Lunch Menu

November 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>1 2 for 1 Beef Hot Dogs OR Chicken Po'Boy Sandwich</p> <p>Oven Baked Twister Fries Vegetarian Baked Beans Mini Rice Krispie Treat</p>	<p>2 Popcorn Chicken OR Beef Rib B Que</p> <p>Sweet Potato Fries Garlic Green Beans</p>	<p>3 Italian Dunkers OR Spicy Chicken Patty</p> <p>Chipotle Caesar Cauliflower Salad Romaine Vegetable Salad Roasted Squash</p>
<p>6 Chicken Patty on a Bun OR Hamburger on a Bun</p> <p>Sweet Potato Fries Roasted Cauliflower Fresh Sandwich Fixings of Lettuce, Tomato, Onion and Pickles</p>	<p>7 Spaghetti with Meat Sauce OR Chicken Parmesan</p> <p>Spaghetti Noodles Warm French Bread Slice Roasted Brussels Sprouts California Blend Vegetables</p>	<p>8 French Toast Sticks w/ Sausage OR Corn Dog</p> <p>Oven Baked Tri Tators Roasted Carrots Warm Apple Crisp</p>	<p>9 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>10 Chicken Tenders OR Individual Pizza</p> <p>Whipped Potatoes Low Fat Gravy School Made Dinner Roll Potato Crunch Broccoli</p>
<p>13 Sweet and Sour Chicken OR Sichuan Chicken</p> <p>Seasoned Brown Rice Warm Garlic Breadstick Stir Fry Vegetables Romaine Vegetable Salad</p>	<p>14 Mini Corn Dogs OR Stuffed Crust Pizza</p> <p>Roasted Squash Fresh Romaine Salad</p>	<p>15 Philly Beef Sandwich OR Fish Nuggets</p> <p>Roasted Peppers and Onions Sweet Potato Fries Black Bean Salad</p>	<p>16 Turkey-N-Gravy OR Beef Meatballs</p> <p>Whipped Potatoes Low Fat Gravy Sweet Peas Warm School Made Dinner Roll Mini Pumpkin Bar#</p>	<p>17 Stuffed Crust Pizza OR Mozzarella Sticks</p> <p>Garlic Green Beans Fresh Romaine Salad</p>
<p>20 Hamburger on a Bun 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>21 French Toast Sticks w/ Sausage OR Corn Dog</p> <p>Oven Baked Tri Tators Roasted Carrots Warm Apple Crisp</p>	<p>22 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>23 No School</p>	<p>24 No School</p>
<p>27 2 for 1 Beef Hot Dogs OR Chicken Po'Boy Sandwich</p> <p>Oven Baked Twister Fries Vegetarian Baked Beans Mini Ice Cream Treat#</p>	<p>28 Popcorn Chicken OR Beef Rib B Que</p> <p>Sweet Potato Fries Garlic Green Beans</p>	<p>29 Turkey-N-Gravy OR Beef Meatballs</p> <p>Whipped Potatoes Low Fat Gravy Sweet Peas School Made Dinner Roll</p>	<p>30 Mandarin Orange Chicken OR Ranchero Pizza</p> <p>Seasoned Brown Rice Garlic Breadstick Stir Fry Vegetables Romaine Vegetable Salad</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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