

Middle School Lunch Menu

December 2017



Menu subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 No School Today
4 Chicken Patty on a Bun OR Hamburger on a Bun Sweet Potato Fries Roasted Cauliflower Fresh Sandwich Fixings of Lettuce, Tomato, Onion and Pickles	5 Mini Corn Dogs OR Pizza Roasted Squash Potato Crunch Broccoli School Made Soup	6 French Toast Sticks w/ Sausage OR Corn Dog Oven Baked Tri Tators Roasted Carrots Warm Apple Crisp	7 Beef Walking Tacos Seasoned Brown Rice Bag of Chips or Soft Tortilla Fresh Fixings of Romaine, Diced Tomatoes, Diced Onion and Jalapeno Peppers Whole Kernel Corn Zesty Refried Beans	8 Chicken Tenders OR Individual Pizza Whipped Potatoes Low Fat Gravy School Made Dinner Roll Mint Sweet Peas
11 Sweet and Sour Chicken OR Sichuan Chicken Seasoned Brown Rice Warm Garlic Breadstick Stir Fry Vegetables Romaine Vegetable Salad	12 Spaghetti with Meat Sauce OR Chicken Parmesan Spaghetti Noodles Warm French Bread Slice Roasted Brussels Sprouts California Blend Vegetables	13 Philly Beef Sandwich OR Turkey Pretzel Sandwich Roasted Peppers and Onions Queso Cheese Sauce Sweet Potato Fries Roasted Broccoli School Made Cookie#	14 Italian Dunkers OR Spicy Chicken Patty Roasted Parmesan Cauliflower Roasted Squash Romaine Vegetable Salad	15 Stuffed Crust Pizza OR Fish Tacos Soft Tortilla Shell <i>Vegetable of the Month:</i> Savory Green Beans and Onion Black Bean Salad Fresh Creamy Coleslaw
18 Hamburger on a Bun OR Fish Patty on a Bun Oven Baked Twister Fries Candied Sweet Potatoes Fresh Sandwich Fixings of Lettuce, Tomato, Onion and Pickles	19 French Toast Sticks w/ Sausage OR Corn Dog Oven Baked Tri Tators Roasted Carrots Warm Apple Crisp	20 Chicken or Shredded Pork * Fajitas Soft Tortilla Roasted Peppers and Onions Seasoned Brown Rice Shredded Cheese Fresh Romaine Lettuce Black Beans Whole Kernel Corn	21 Chicken Tenders OR Individual Pizza Whipped Potatoes Low Fat Gravy School Made Dinner Roll Potato Crunch Broccoli	22 No School Today

LUNCH PRICES

Elem. Student "Paid"\$ 2.70
 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,

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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Vegetable of the Month: Green Beans
 This month we are featuring Chef Salimatu Butler's West African inspired Savory Green Beans and Onions

