

# oale and OEC Lunch Menu

## October 2017

Menu subject to change without notice.

### LUNCH PRICES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2                      Stuffed Crust Pizza                      OR Toasted Cheese Sandwich                      Or Salad/ Sandwich</p> <p>Romaine Caesar Salad</p>	<p>3                      Popcorn Chicken                      OR Beef Meatballs                      Or Salad/ Sandwich</p> <p>Whipped Potatoes                      Low Fat Gravy                      Garlic Green Beans</p>	<p>4                      Hamburger                      OR Turkey Burger                      Or Salad/ Sandwich</p> <p>Oven Baked Twister Fries                      Vegetarian Baked Beans                      Fresh Burger Fixings of                      Romaine, Tomatoes, Onion,                      Pickles</p>	<p>5                      Beef or Chicken Taco                      OR Cheese Pizza                      OR Salad/ Sandwich</p> <p>Soft Tortilla or Hard Shell                      Seasoned Brown Rice                      Refried Beans                      Whole Kernel Corn                      Fresh Taco Fixings</p>	<p>6                      Mini Corn Dogs                      OR Fish Sandwich                      OR Salad/ Sandwich</p> <p>Oven Baked Tri Tators                      Ice Cream Treat</p>
<p>9                      Chicken Tenders                      OR Fish Nuggets                      OR Salad/ Sandwich</p> <p>Whipped Potatoes                      Low Fat Gravy                      School Made Dinner Roll                      Sweet Peas</p>	<p>10                      Asian Chicken                      OR Hot Turkey Ham and Cheese                      Sandwich                      OR Salad/ Sandwich</p> <p>Seasoned Brown Rice                      Garlic Breadstick                      Stir Fry Vegetables</p>	<p>11                      Italian Dunkers                      OR Corn Dog                      OR Salad/ Sandwich</p> <p>Chipotle Caesar Cauliflower                      Salad                      Romaine Lettuce Salad</p>	<p>12                      Beef or Chicken Taco Salad                      OR Cheese Pizza                      OR Salad/ Sandwich</p> <p>Tortilla Chips                      Seasoned Brown Rice                      Black Beans                      Whole Kernel Corn                      Fresh Taco Fixings</p>	<p>13                      BBQ Pork Sandwich                      OR Grilled Chicken Sandwich                      OR Salad/ Sandwich</p> <p>Sweet Potato Fries  <i>Vegetable of the Month:</i>                      Roasted Brussels Sprouts</p>
<p>16                      Chicken Patty on a Bun                      OR Corn Dog                      OR Salad/ Sandwich</p> <p>Potato Crunch Broccoli                      Scalloped Potatoes</p>	<p>17                      Brunch for Lunch                      OR Hot Turkey Ham and Cheese                      OR Salad/ Sandwich</p> <p>Oven Baked Tri Tators                      Roasted Carrots</p>	<p>18                      Popcorn Chicken                      Or Shrimp Poppers                      OR Macaroni and Cheese                      OR Salad/ Sandwich</p> <p>Garlic Breadstick                      Roasted Broccoli                      Black Bean Salad</p>	<p>19                      No School Today</p>	<p>20                      No School Today</p>
<p>23                      Chicken Tender Wrap                      OR Beef Rib-B-Que                      OR Salad/ Sandwich</p> <p>Roasted Cauliflower                      Sweet Potato Fries</p>	<p>24                      Asian Chicken                      OR Shredded Pork                      OR Salad/ Sandwich</p> <p>Seasoned Brown Rice                      Garlic Breadstick                      Stir Fry Vegetables</p>	<p>25                      Deli Sandwich                      OR Meatball Sub w/ Marinara                      OR Salad/ Sandwich</p> <p>Vegetarian Baked Beans                      Roasted Broccoli                      Fresh Fixings of Romaine,                      Tomatoes, Onion, Pickles</p>	<p>26                      Beef or Chicken Taco Salad                      OR Cheese Pizza                      OR Salad/ Sandwich</p> <p>Tortilla Chips                      Seasoned Brown Rice                      Black Beans                      Whole Kernel Corn                      Fresh Taco Fixings</p>	<p>27                      Philly Beef Sandwich                      OR Grilled Chicken Sandwich                      OR Salad/ Sandwich</p> <p>Sweet Potato Fries                      Roasted Peppers and Onions                      Queso Cheese Sauce</p>
<p>30                      No School Today</p>	<p>31                      Popcorn Chicken                      OR Beef Meatballs                      Or Salad/ Sandwich</p> <p>Whipped Potatoes                      Low Fat Gravy                      Garlic Green Beans</p>	<p><b>Vegetable of the Month: Brussels Sprouts</b>  <b>Did You Know: Brussels Sprouts used to be considered a gourmet vegetable and would be served as a treat with dinner.</b></p>		

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

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



**Free and Reduced Meal Applications available online at**  
[www.district279.org/fma](http://www.district279.org/fma)  
**OR**  
**may be picked up at any school within District 279 or the District**

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