

# High School Lunch Menu



## March 2018

Menu subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p><b>1</b>  <b>Main:</b> Pulled Pork * on a Bun                      Roasted Sweet Potatoes                      Creamy Cucumber Salad                      Pickles and Sliced Onions                      Vegetarian Baked Beans</p> <p><b>BAR:</b> Hot Dish Bar</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p><b>2</b>  <b>Main:</b> Asian Chicken                      Seasoned Brown Rice                      Garlic Breadstick                      Stir Fry Vegetables                      Honey Roasted Carrots</p> <p><b>BAR:</b> Potato Bar</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</p>
<p><b>5</b>  <b>Main:</b> Pizza Choice                      Fresh Romaine Caesar                      Salad                      Black Bean Salad</p> <p><b>BAR:</b> Soup and Sandwich</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p><b>6</b>  <b>Main:</b> Chicken Tenders                      Whipped Potatoes                      Low Fat Gravy                      Sweet Green Peas                      School Made Dinner Roll</p> <p><b>BAR:</b> Noodle Bar</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p><b>7</b>  <b>Main:</b> Brunch For Lunch                      Roasted Carrots                      Oven Baked Tri Tators</p> <p><b>BAR:</b> Mexican Bar</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p><b>8</b>  <b>Main:</b> Meatball Sub                      Creamy Cole Slaw                      Potato Crunch Broccoli</p> <p><b>BAR:</b> Potato Bar</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</p> <p>School Made Cookie #</p>	<p><b>9</b>                      No School Today</p>
<p><b>12</b>  <b>Main:</b> 2 for 1 Beef Hot Dogs                      Vegetarian Chili                      Roasted Squash</p> <p><b>BAR:</b> Salad Bar</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p><b>13</b>  <b>Main:</b> Popcorn Chicken Bowl                      Whipped Potatoes                      Low Fat Gravy                      Shredded Cheese                      Whole Kernel Corn                      School Made Dinner Roll</p> <p><b>BAR:</b> Noodle Bar</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p><b>14</b>  <b>Main:</b> French Dip Sandwich                      Roasted Peppers /Onions                      Sidewinders Potatoes                      Roasted Broccoli                      Au Jus/ Cheese Sauce</p> <p><b>BAR:</b> Mexican Bar</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p><b>15</b>  <b>Main:</b> Chicken Patty on a Bun                      Oven Baked French Fries                      Parmesan Cauliflower                      Creamy Cole Slaw                      Honey Roasted Carrots</p> <p><b>BAR:</b> Potato Bar</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p><b>16</b>  <b>Main:</b> Italian Dunker Cheese Bread                      Marinara Sauce                      Creamy Cole Slaw                      Roasted Broccoli</p> <p><b>BAR:</b> Hot Dish Bar</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</p>
<p><b>19</b>  <b>Main:</b> Chicken Parmesan                      Whole Grain Pasta                      Vegetable of the Month:                      Roasted Carrots                      Garlic Green Beans</p> <p><b>BAR:</b> Soup and Sandwich Bar</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p><b>20</b>  <b>Main:</b> Chicken Po'Boy Sandwich                      Oven Baked French Fries                      Creamy Cucumber Salad</p> <p><b>BAR:</b> Noodle Bar</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p><b>21</b>  <b>Main:</b> Beef Meatballs in Gravy                      Whipped Potatoes                      Sweet Green Peas                      School Made Dinner Roll</p> <p><b>BAR:</b> Mexican Bar</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p><b>22</b>  <b>Main:</b> Chicken Wrap                      Seasoned Brown Rice                      Vegetarian Baked Beans                      Romaine/ Spinach Salad</p> <p><b>BAR:</b> Potato Bar</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p><b>23</b>  <b>Main:</b> Fish Sandwich                      Sweet Potato Fries                      Fresh Caesar Salad</p> <p><b>BAR:</b> Breakfast Bar</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</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](http://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: Chef Jojo's East African inspired Roasted Carrots

