

High School Lunch Menu

April 2018



Menu subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Main: Chicken Patty on a Bun Oven Baked Waffle Fries Vegetarian Baked Beans</p> <p>BAR: Salad Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>3</p> <p>Main: Mini Corn Dogs Scalloped Potatoes Oven Roasted Carrots Whole Kernel Corn</p> <p>BAR: Noodle Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>4</p> <p>Main: Popcorn Chicken Whipped Potatoes Low Fat Gravy Roasted Broccoli School Made Dinner Roll</p> <p>BAR: Mexican Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>5</p> <p>Main: Pulled Pork * on a Bun Roasted Sweet Potatoes Creamy Cucumber Salad Pickles and Sliced Onions Coconut Curry Beans</p> <p>BAR: Potato Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>6</p> <p>Main: Asian Chicken Seasoned Brown Rice Garlic Breadstick Stir Fry Vegetables Honey Roasted Carrots</p> <p>BAR: Hot Dish Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>
<p>9</p> <p>Main: Pizza Choice Fresh Romaine Caesar Salad Black Bean Salad</p> <p>BAR: Soup and Sandwich</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>10</p> <p>Main: Chicken Tenders Whipped Potatoes Low Fat Gravy Sweet Green Peas School Made Dinner Roll</p> <p>BAR: Noodle Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>11</p> <p>Main: Brunch For Lunch Roasted Carrots Oven Baked Tri Tators</p> <p>BAR: Mexican Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>12</p> <p>Main: Meatball Sub Creamy Cole Slaw Potato Crunch Broccoli</p> <p>BAR: Potato Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p> <p>School Made Cookie #</p>	<p>13</p> <p>Main: Sweet and Sour Chicken Seasoned Brown Rice Garlic Breadstick Stir Fry Vegetables</p> <p>BAR: Breakfast Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>
<p>16</p> <p>Main: 2 for 1 Beef Hot Dogs Vegetarian Chili Roasted Squash Sriracha Beans and Rice</p> <p>BAR: Salad Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>17</p> <p>Main: Popcorn Chicken Bowl Whipped Potatoes Low Fat Gravy Shredded Cheese Whole Kernel Corn School Made Dinner Roll</p> <p>BAR: Noodle Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>18</p> <p>Main: French Dip Sandwich Roasted Peppers /Onions Sidewinders Potatoes Zesty Baked Zucchini Au Jus/ Cheese Sauce</p> <p>BAR: Mexican Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>19</p> <p>Main: Chicken Patty on a Bun Oven Baked French Fries Parmesan Cauliflower Creamy Cole Slaw Honey Roasted Carrots</p> <p>BAR: Potato Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>20</p> <p>Main: Italian Dunker Cheese Bread Marinara Sauce Creamy Cole Slaw Roasted Broccoli</p> <p>BAR: Hot Dish Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>
<p>23</p> <p>Main: Chicken Parmesan Whole Grain Pasta Roasted Carrots Savory Green Beans and Onions</p> <p>BAR: Soup and Sandwich Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>24</p> <p>Main: Chicken Po' Boy Sandwich Oven Baked French Fries Creamy Cucumber Salad</p> <p>BAR: Noodle Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>25</p> <p>Main: Beef Meatballs in Gravy Whipped Potatoes Sweet Green Peas School Made Dinner Roll</p> <p>BAR: Mexican Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>26</p> <p>Main: Fish sandwich Sweet Potato Fries Fresh Caesar Salad Soy Sauce Cauliflower</p> <p>BAR: Breakfast Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>27</p> <p>Main: Chicken Wrap Seasoned Brown Rice Vegetarian Baked Beans Romaine/ Spinach Salad</p> <p>BAR: Breakfast Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>
<p>30</p> <p>No School Today</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
OR
may be picked up at any school within District 279 or the District Office.

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Vegetable of the Month: Chef Salimatu's Zesty Baked Zucchini

