

Middle School Lunch Menu

February 2018



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
			1 Turkey-N-Gravy OR Beef Meatballs Whipped Potatoes Low Fat Gravy Sweet Peas Warm School Made Dinner Roll	2 Mandarin Orange Chicken OR Ranchero Pizza Seasoned Brown Rice Warm Garlic Breadstick Stir Fry Vegetables Romaine Vegetable Salad
5 Chicken Patty on a Bun OR Hamburger on a Bun Sweet Potato Fries Roasted Cauliflower Fresh Sandwich Fixings of Lettuce, Tomato, Onion and Pickles	6 Mini Corn Dogs OR Pizza Roasted Squash Potato Crunch Broccoli School Made Soup	7 Chicken Tenders OR Individual Pizza Whipped Potatoes Low Fat Gravy School Made Dinner Roll Mint Sweet Peas	8 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	9 French Toast Sticks w/ Sausage OR Corn Dog Oven Baked Tri Tators Roasted Carrots
12 Sweet and Sour Chicken OR Sichuan Chicken Seasoned Brown Rice Warm Garlic Breadstick Stir Fry Vegetables Romaine Vegetable Salad	13 Spaghetti with Meat Sauce OR Chicken Parmesan Spaghetti Noodles Warm French Bread Slice Roasted Brussels Sprouts California Blend Vegetables	14 Italian Dunkers OR Spicy Chicken Patty <i>Vegetable of the Month: Parmesan Cauliflower w/ Soy Sauce</i> Roasted Squash Romaine Vegetable Salad	15 Philly Beef Sandwich OR Turkey Pretzel Sandwich Roasted Peppers and Onions Queso Cheese Sauce Vegetarian Baked Beans Sweet Potato Fries School Made Cookie#	16
19	20 Chicken Tenders OR Individual Pizza Whipped Potatoes Low Fat Gravy School Made Dinner Roll California Blend Vegetables	21 French Toast Sticks w/ Sausage OR Corn Dog Oven Baked Tri Tators Roasted Carrots Warm Apple Crisp	22 Chicken or Shredded Pork Fajitas Soft Tortilla Roasted Peppers and Onions Seasoned Brown Rice Shredded Cheese Fresh Romaine Lettuce Black Beans Whole Kernel Corn	23 Toasted Cheese Sandwich OR Grilled Chicken Sandwich Creamy Tomato Soup Cucumber Salad Potato Crunch Broccoli
26 Stuffed Crust Pizza OR Mozzarella Sticks Buffalo Cauliflower Fresh Romaine Caesar Salad	27 2 for 1 Beef Hot Dogs OR Chicken Po'Boy Sandwich Whole Kernel Corn Roasted Squash Vegetarian Baked Beans Mini Brownie	28 Popcorn Chicken OR Beef All American Burger Twister Fries Garlic Green Beans Sliced Pickles		

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.

In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (866) 632-9992 (Voice and TDD). USDA is an equal opportunity provider and employer.

Recipe of the Month:
**Chef Salimatu's West African inspired
 Parmesan Cauliflower with Soy Sauce**