

High School Lunch Menu


January 2019

Menu subject to change without notice.

High School



LUNCH PRICES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>2 Popcorn Chicken Low Fat Poultry Gravy Whipped Potatoes Roasted Broccoli School Made Dinner Roll</p> <p>BAR: Mexican Bar</p>	<p>3 Fish Patty on a Bun Roasted Sweet Potatoes Oven Baked Fries Coconut Curry Beans</p> <p>BAR: Potato Bar</p>	<p>4 Asian Chicken Seasoned Brown Rice Warm Garlic Breadstick Stir Fry Vegetables Honey Roasted Carrots</p> <p>BAR: Hot Dish Bar</p>
<p>7 Turkey Pepperoni or Cheese Pizza Fresh Caesar Salad Black Bean Salad</p> <p>BAR: Soup and Sandwich</p>	<p>8 Chicken Tenders School Made Dinner Roll Whipped Potatoes Low Fat Poultry Gravy Sweet Green Peas</p> <p>BAR: Noodle Bar</p>	<p>9 Brunch For Lunch Roasted Carrots Oven Baked Tri Tators</p> <p>BAR: Mexican Bar</p> <p>School Made Muffin</p>	<p>10 Beef Meatball Sub Creamy Cole Slaw Potato Crunch Broccoli</p> <p>BAR: Potato Bar</p> <p>Ice Cream Treat</p>	<p>11 Sweet and Sour Chicken Seasoned Brown Rice Warm Garlic Breadstick Stir Fry Vegetables Roasted Peppers & Onions</p> <p>BAR: Breakfast Bar</p>
<p>14 2 for 1 Beef Hot Dogs Twister Fries Vegetarian Chili Sriracha Beans & Rice Roasted Squash</p> <p>BAR: Salad</p>	<p>15 Popcorn Chicken Bowl Low Fat Poultry Gravy School Made Dinner Roll Whipped Potatoes Whole Kernel Corn</p> <p>BAR: Noodle Bar</p>	<p>16 Beef French Dip Sandwich Roasted Peppers/Onions Sidewinders Potatoes Zesty Baked Zucchini Beef Au Jus/ Cheese Sauce</p> <p>BAR: Mexican Bar</p>	<p>17 Chicken Patty on a Bun Regular or Spicy Oven Baked French Fries Parmesan Cauliflower Creamy Cole Slaw Honey Roasted Carrots</p> <p>BAR: Potato Bar</p>	<p>18 Italian Dunker Cheese Bread Marinara Sauce Romaine Lettuce Salad Roasted Broccoli</p> <p>BAR: Hot Dish Bar</p>
<p>21 No School</p>	<p>22 Chicken Po'Boy Sandwich Oven Baked French Fries Creamy Cucumber Salad</p> <p>BAR: Noodle Bar</p>	<p>23 Beef Meatballs in Gravy School Made Dinner roll Whipped Potatoes Sweet Green Peas</p> <p>BAR: Mexican Bar</p>	<p>24 Chicken and Waffles Oven Baked Tri Tators Fresh Caesar Salad Roasted Buffalo Cauliflower</p> <p>BAR: Potato Bar</p>	<p>25 Chicken Wrap Seasoned Brown Rice Vegetarian Baked Beans Romaine and Spinach Salad</p> <p>BAR: Breakfast Bar</p>
<p>28 Chicken Patty on a Bun Regular or Spicy Oven Baked Waffle Fries Vegetarian Baked Beans</p> <p>BAR: Salad</p>	<p>29 Mini Chicken Corn Dogs Scalloped Potatoes Roasted Carrots Whole Kernel Corn</p> <p>BAR: Noodle Bar</p>	<p>30 Popcorn Chicken Whipped Potatoes Low Fat Poultry Gravy School Made Dinner Roll Roasted Broccoli</p> <p>BAR: Mexican Bar</p>	<p>31 Fish Patty on a Bun Roasted Sweet Potatoes Oven Baked Fries Coconut Curry Beans</p> <p>BAR: Potato Bar</p>	<p>All Grains/Breads offered are a minimum of 51% Whole Grain</p> 

Grill Line: Hamburgers, Chicken, French Fries
Grab & Go: Salads, Sandwiches, and Yogurt Parfaits
Sides Offered Daily: Fresh Fruit, Fruit Sauce, Fresh Vegetables, Milk

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.

* 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 ingredients are used.

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Our mission is to inspire and prepare all students with the confidence, courage and competence to achieve their dreams; contribute to community; and engage in a lifetime of learning.