

Middle School Lunch Menu

September, 2017


LUNCH PRICES


Middle School Student "Paid".....	\$2.70
Student "Reduced".....	FREE
Student "Free".....	FREE
Milk.....	\$.50


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>LABOR DAY</p> <p>Offered Daily on all Serving Lines: Fresh Vegetable Sticks Fresh Fruit and Fruit Sauce Milk Choice</p>	<p>⁵ Stuffed Crust Pizza OR Mozzarella Sticks</p> <p>Roasted Carrots Fresh Romaine Salad</p>	<p>⁶ Popcorn Chicken OR Beef Rib B Que</p> <p>Sweet Potato Fries Garlic Green Beans Warm School Made Dinner Roll</p>	<p>⁷ 2 for 1 Beef Hot Dogs OR Chicken Po'Boy Sandwich</p> <p>Oven Baked Twister Fries Vegetarian Baked Beans Mini Ice Cream Treat</p>	<p>⁸ Mandarin Orange Chicken OR Ranchero Pizza</p> <p>Seasoned Brown Rice Garlic Breadstick Stir Fry Vegetables Romaine Vegetable Salad</p>
<p>¹¹ Chicken Patty OR Hamburger</p> <p>Roasted Beets Roasted Cauliflower Fresh Sandwich Fixings of Lettuce, Tomato, Onion and Pickles</p>	<p>¹² Spaghetti with Meat Sauce OR Chicken Parmesan</p> <p>Spaghetti Noodles Warm French Bread Slice Roasted Brussels Sprouts California Blend Vegetables</p>	<p>¹³ French Toast Sticks w/ Sausage OR Corn Dog</p> <p>Oven Baked Tri Tators Roasted Carrots Warm Apple Crisp</p>	<p>¹⁴ Build Your Own Beef Tacos OR Shredded Pork</p> <p>Seasoned Brown Rice Soft Tortilla or Hard Taco Shell Fresh Fixings of Romaine, Diced Tomatoes, Diced Onion and Jalapeno Peppers</p>	<p>¹⁵ Chicken Tenders OR Individual Pizza</p> <p>Whipped Potatoes Low Fat Gravy School Made Dinner Roll Potato Crunch Broccoli</p>
<p>¹⁸ Sweet and Sour Chicken OR Sichuan Chicken</p> <p>Seasoned Brown Rice Warm Garlic Breadstick Stir Fry Vegetables Romaine Vegetable Salad</p>	<p>¹⁹ Mini Corn Dogs OR Pizza</p> <p>School Made Soup <i>Vegetable of the Month: Roasted Squash</i> Mint Sweet Peas</p>	<p>²⁰ Philly Beef Sandwich OR Fish Nuggets</p> <p>Roasted Peppers and Onions Sweet Potato Fries School Made Cookie</p>	<p>²¹ Italian Dunkers OR Spicy Chicken Patty</p> <p>Chipotle Caesar Cauliflower Salad Romaine Vegetable Salad</p>	<p>²² Stuffed Crust Pizza OR Mozzarella Sticks w/ Marinara Sauce</p> <p>Garlic Green Beans Vegetarian Baked Beans</p>
<p>²⁵ Hamburger OR Fish Patty on a Bun</p> <p>Oven Baked French Fries Candied Sweet Potatoes Fresh Sandwich Fixings of Lettuce, Tomato, Onion and Pickles</p>	<p>²⁶ French Toast Sticks w/ Sausage OR Corn Dog</p> <p>Oven Baked Tri Tators Roasted Carrots Warm Apple Crisp</p>	<p>²⁷ Build Your Own Beef Tacos OR Shredded Pork</p> <p>Seasoned Brown Rice Soft Tortilla or Hard Taco Shell Fresh Fixings of Romaine, Diced Tomatoes, Diced Onion and Jalapeno Peppers</p>	<p>²⁸ Toasted Cheese sandwich OR Grilled Chicken Sandwich</p> <p>Creamy Tomato Soup Roasted Broccoli Creamy Cucumber Salad</p>	<p>²⁹ Chicken Tenders OR Individual Round Pizza</p> <p>Whipped Potatoes Low Fat Gravy School Made Dinner Roll Potato Crunch Broccoli</p>

Menu subject to change without notice.

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



* 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,

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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.

VEGETABLE OF THE MONTH: SQUASH

Did you Know? Squash has Vitamins A and C which keep your body healthy!

