

High School Lunch Menu

January 2018

Menu subject to change without notice.


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 New Year's Day No School Today</p>	<p>2 No School Today</p>	<p>3 <i>Main:</i> Popcorn Chicken Whipped Potatoes Low Fat Gravy Roasted Broccoli School Made Dinner Roll <i>BAR:</i> Mexican Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>4 <i>Main:</i> Pulled Pork * on a Bun Roasted Sweet Potatoes Creamy Cucumber Salad Pickles and Sliced Onions Vegetarian Baked Beans <i>BAR:</i> Potato Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>5 <i>Main:</i> Asian Chicken Seasoned Brown Rice Garlic Breadstick Stir Fry Vegetables Honey Roasted Carrots <i>BAR:</i> Hot Dish Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>
<p>8 <i>Main:</i> Pizza Choice Fresh Romaine Caesar Salad Black Bean Salad <i>BAR:</i> Soup and Sandwich <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>9 <i>Main:</i> Chicken Tenders Whipped Potatoes Low Fat Gravy Sweet Green Peas School Made Dinner Roll <i>BAR:</i> Noodle Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>10 <i>Main:</i> Brunch For Lunch Roasted Carrots Oven Baked Tri Tators <i>BAR:</i> Mexican Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>11 <i>Main:</i> Meatball Sub Creamy Cole Slaw Potato Crunch Broccoli <i>BAR:</i> Potato Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits) School Made Cookie #</p>	<p>12 <i>Main:</i> Sweet and Sour Chicken Seasoned Brown Rice Garlic Breadstick Stir Fry Vegetables <i>BAR:</i> Breakfast Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>
<p>15 No School Today</p>	<p>16 <i>Main:</i> Popcorn Chicken Bowl Whipped Potatoes Low Fat Gravy Shredded Cheese Whole Kernel Corn School Made Dinner Roll <i>BAR:</i> Noodle Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>17 <i>Main:</i> French Dip Sandwich Roasted Peppers /Onions Sidewinders Potatoes <i>Vegetable of the Month:</i> <i>Coconut Curry Beans</i> Au Jus/ Cheese Sauce <i>BAR:</i> Mexican Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>18 <i>Main:</i> Chicken Patty on a Bun Oven Baked French Fries Parmesan Cauliflower Creamy Cole Slaw Honey Roasted Carrots <i>BAR:</i> Potato Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>19 <i>Main:</i> Italian Dunker Cheese Bread Marinara Sauce Creamy Cole Slaw Roasted Broccoli <i>BAR:</i> Hot Dish Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>
<p>22 <i>Main:</i> Chicken Parmesan Whole Grain Pasta Roasted Carrots Garlic Green Beans <i>BAR:</i> Soup and Sandwich Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>23 <i>Main:</i> Chicken Po'Boy Sandwich Oven Baked French Fries Creamy Cucumber Salad <i>BAR:</i> Noodle Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>24 <i>Main:</i> Beef Meatballs in Gravy Whipped Potatoes Sweet Green Peas School Made Dinner Roll <i>BAR:</i> Mexican Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>25 <i>Main:</i> Fish Sandwich Sweet Potato Fries Fresh Caesar Salad <i>BAR:</i> Potato Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>26 <i>Main:</i> Chicken Wrap Seasoned Brown Rice Vegetarian Baked Beans Romaine/ Spinach Salad <i>BAR:</i> Breakfast Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>
<p>29 No School Today</p>	<p>30 <i>Main:</i> Mini Corn Dogs Scalloped Potatoes Roasted Carrots Whole Kernel Corn <i>BAR:</i> Noodle Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>31 <i>Main:</i> Popcorn Chicken Whipped Potatoes Low fat Gravy Roasted Broccoli School Made Dinner Roll <i>BAR:</i> Mexican Bar <i>GRILL:</i> Hamburgers and Chicken <i>GRAB and GO</i> (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
OR
may be picked up at any school within District 279 or the District Office.

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Vegetable of the Month: Beans

This month we are featuring Chef Jojo's Coconut Curry Beans, an East African influenced dish