

# OALC and OEC Lunch Menu

## January 2018

Menu subject to change without notice.

### LUNCH PRICES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 New Year's Day  No School	2 No School Today	3 Hamburger OR Turkey Burger Or Salad/ Sandwich  Oven Baked Twister Fries Vegetarian Baked Beans Fresh Burger Fixings of Romaine, Tomatoes, Onion, Pickles	4 Beef or Chicken Taco OR Cheese Pizza OR Salad/ Sandwich  Soft Tortilla or Hard Shell Seasoned Brown Rice Refried Beans Whole Kernel Corn Fresh Taco Fixings	5 Mini Corn Dogs OR Fish Sandwich OR Salad/ Sandwich  Oven Baked Tri Tators Roasted Broccoli Ice Cream Treat #
8 Chicken Tenders OR Fish Nuggets OR Salad/ Sandwich  Whipped Potatoes Low Fat Gravy School Made Dinner Roll Sweet Peas	9 Asian Chicken OR Hot Turkey Ham and Cheese Sandwich OR Salad/ Sandwich  Seasoned Brown Rice School Made Dinner Roll Stir Fry Vegetables	10 Italian Dunkers OR Corn Dog OR Salad/ Sandwich  Chipotle Caesar Cauliflower Salad Romaine Lettuce Salad	11 Beef or Chicken Taco Salad OR Cheese Pizza OR Salad/ Sandwich  Tortilla Chips Seasoned Brown Rice Black Beans Whole Kernel Corn Fresh Taco Fixings	12 BBQ Pork Sandwich * OR Grilled Chicken Sandwich OR Salad/ Sandwich  Sweet Potato Fries Creamy Cole Slaw
15 No School Today	16 Brunch for Lunch OR Hot Turkey Ham and Cheese OR Salad/ Sandwich  Oven Baked Tri Tators Roasted Carrots	17 Popcorn Chicken Or Shrimp Poppers OR Macaroni and Cheese OR Salad/ Sandwich  Garlic Breadstick Roasted Green Beans	18 Beef or Chicken Taco OR Cheese Pizza OR Salad/ Sandwich  Soft Tortilla or Hard Shell Seasoned Brown Rice Refried Beans Whole Kernel Corn Fresh Taco Fixings	19 Grilled Chicken Sandwich OR Fish Sandwich OR Salad/ Sandwich  Oven Baked Fries Roasted Brussels Sprouts School Made Cookie #
22 Chicken Tender Wrap OR Beef Rib-B-Que OR Salad/ Sandwich  Sweet Potato Fries Roasted Cauliflower	23 Asian Chicken OR Shredded Pork * OR Salad/ Sandwich  Seasoned Brown Rice School Made Dinner Roll Stir Fry Vegetables Sweet Green Peas	24 Turkey-N-Gravy Or Beef Meatballs in Gravy OR Salad/ Sandwich  Whipped Potatoes Roasted Broccoli School Made Dinner Roll	25 Beef or Chicken Taco Salad OR Cheese Pizza OR Salad/ Sandwich  Tortilla Chips Seasoned Brown Rice Black Beans Whole Kernel Corn Fresh Taco Fixings	26 Philly Beef Sandwich OR Grilled Chicken Sandwich OR Salad/ Sandwich  Roasted Peppers and Onions Queso Cheese Sauce Sweet Potato Fries <i>Vegetable of the Month: Coconut Curry Beans</i>
29 No School Today	30 Popcorn Chicken OR Beef Meatballs OR Salad/ Sandwich  Whipped Potatoes Low Fat Gravy School Made Dinner Roll Garlic Green Beans	31 Hamburger OR Turkey Burger Or Salad/ Sandwich  Oven Baked Twister Fries Vegetarian Baked Beans Fresh Burger Fixings		



**Offered Daily on all Serving Lines:**  
 Fresh Vegetable Sticks  
 Fresh Fruit and Fruit Sauce  
 Milk Choice

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



Free and Reduced Meal Applications available online at [www.district279.org/fma](http://www.district279.org/fma) OR may be picked up at any school within District 279 or the District

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\*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



**Vegetable of the Month: Beans**  
 This month we are featuring Chef Jojo's Coconut Curry Beans, an East African influenced dish