

Middle School Lunch Menu

November 2018

Menu subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Choice of: Italian Dunkers Cheese Bread Or Spicy Chicken Patty on a Bun Marinara Sauce Chipotle Caesar Cauliflower Romaine Lettuce Salad	2 Choice of: Mandarin Orange Chicken Or Rancho Pizza Whole Grain Garlic Breadstick Seasoned Brown Rice Stir Fry Vegetables Cucumber Salad
5 Choice of: Chicken Patty on a Bun Or Beef Hamburger on a Bun Sweet Potato Fries Vegetarian Baked Beans	6 No School	7 Choice of: Chicken Tenders Or Pizza School Made Dinner Roll Low Fat Gravy Whipped Potatoes Mint Sweet Peas	8 Choice of: Beef or Chicken Walking Taco Bag of Chips Fresh Taco Fixings Seasoned Brown Rice Refried Beans Whole Kernel Corn	9 Choice of: Brunch for Lunch Or Turkey Corn Dog Turkey Sausage Oven Baked Tri Tator Oven Roasted Carrots School Made Apple Crisp
12 Choice of: Sweet & Sour Chicken Or Sichuan Chicken Seasoned Brown Rice Whole Grain Breadstick Stir Fry Vegetables	13 Choice of: Spaghetti w/ Beef Meat Sauce Or Chicken Parmesan Whole Grain Pasta Roasted Brussel Sprouts California Blend Vegetables	14 Choice of: Mini Chicken Corn Dogs Or Cheese Pizza School Made Soup Mint Sweet Peas Roasted Squash	15 Choice of: Turkey N Gravy Or Beef Meatballs N Gravy Whipped Potatoes School Made Dinner Roll Sweet Peas Cranberries School Made Mini Pumpkin Bar	16 Choice of: Stuffed Crust Turkey Pepperoni or Cheese Pizza Or Fish Tacos Whole Grain Tortilla Creamy Coleslaw Garlic Green Beans Vegetarian Baked Beans
19 Choice of: Beef Hamburger on a Bun Or Fish Patty on a Bun Oven Baked Twister Fries Roasted Cauliflower with Soy Sauce	20 Choice of: Brunch for Lunch Or Turkey Corn Dog Turkey Sausage Oven Baked Tri Tator Oven Roasted Carrots	21 Choice of: Chicken or Pork Fajita Whole Grain Tortilla Seasoned Brown Rice Roasted Peppers & Onions Black Beans	22 No School	23 No School
26 Choice of: Stuffed Crust Turkey Pepperoni or Cheese Pizza Or Mozzarella Sticks Marinara Sauce Oven Roasted Carrots Roasted Broccoli	27 Choice of: 2 for 1 Beef Hot Dogs Or Macaroni and Cheese Sidewinder Potatoes Vegetarian Baked Beans	28 Choice of: Popcorn Chicken Or All American Beef Burger Sweet Potato Fries Garlic Green Beans	29 Choice of: Italian Dunkers Cheese Bread Or Spicy Chicken Patty on a Bun Marinara Sauce Chipotle Caesar Cauliflower Romaine Lettuce Salad	30 No School


Middle School LUNCH PRICES


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

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.

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, eggs, soy beans, tree nuts, peanuts and other ingredients are used.

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. 2025-9410 or call (866) 632-9992 (Voice and TDD). USDA is an equal opportunity provider and employer.

Entrée Offered Daily: Salad Bar, Sunbutter or PB & J Sandwiches
Sides Offered Daily: Fresh Fruit, Fruit Sauce, Fresh Vegetables,

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.