

High School Lunch Menu

April 2019

High School LUNCH PRICES

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

Menu subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Chicken Patty on a Bun Regular or Spicy Oven Baked Waffle Fries Vegetarian Baked Beans</p> <p>BAR: Salad Bar</p>	<p>2 Mini Chicken Corn Dogs Scalloped Potatoes Oven Roasted Squash Whole Kernel Corn</p> <p>BAR: Noodle Bar</p>	<p>3 Popcorn Chicken Low Fat Gravy Whipped Potatoes School Made Dinner Roll Roasted Broccoli</p> <p>BAR: Mexican Bar</p>	<p>4 Asian Chicken Seasoned Brown Rice Garlic Breadstick Stir Fry Vegetables Honey Roasted Carrots</p> <p>BAR: Potato Bar</p>	<p>5 Fish Patty on a Bun Roasted Sweet Potatoes Coconut Curry Beans</p> <p>BAR: Hot Dish Bar</p>
<p>8 Sweet and Sour Chicken Warm Garlic Breadstick Seasoned Brown Rice Roasted Soy Sauce Cauliflower Stir Fry Vegetables</p> <p>BAR: Soup and Sandwich</p>	<p>9 Chicken Tenders Whipped Potatoes Low Fat Poultry Gravy School Made Dinner Roll Sweet Green Peas</p> <p>BAR: Noodle Bar</p>	<p>10 Brunch For Lunch Roasted Carrots Oven Baked Tri Tators</p> <p>BAR: Mexican Bar</p> <p>School Made Muffin</p>	<p>11 Beef Meatball Sub Creamy Cole Slaw Potato Crunch Broccoli</p> <p>BAR: Potato Bar</p>	<p>12 Asian Chicken Seasoned Brown Rice Garlic Breadstick Stir Fry Vegetables</p> <p>BAR: Breakfast Bar</p>
<p>15 2 for 1 Beef Hot Dogs Vegetarian Chili Roasted Squash Sriracha Beans and Rice</p> <p>BAR: Salad Bar</p>	<p>16 Popcorn Chicken Bowl Whipped Potatoes Low Fat Gravy School Made Dinner Roll Whole Kernel Corn</p> <p>BAR: Noodle Bar</p>	<p>17 Beef French Dip Sandwich Roasted Peppers /Onions Sidewinders Potatoes Zesty Baked Zucchini Au Jus/ Cheese Sauce</p> <p>BAR: Mexican Bar</p>	<p>18 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>19 No School</p>
<p>22 Chicken Parmesan Whole Grain Pasta Roasted Carrots Savory Green Beans & Onions</p> <p>BAR: Soup and Sandwich Bar</p>	<p>23 Chicken Po'Boy Sandwich Oven Baked French Fries Creamy Cucumber Salad</p> <p>BAR: Noodle Bar</p>	<p>24 Beef Meatballs in Gravy Whipped Potatoes Sweet Green Peas School Made Dinner Roll</p> <p>BAR: Mexican Bar</p>	<p>25 Chicken and Waffles Oven Baked Tri Tators Sweet Potato Fries Fresh Caesar Salad Soy Sauce Cauliflower</p> <p>BAR: Breakfast Bar</p>	<p>26 Chicken Wrap Tortilla Seasoned Brown Rice Vegetarian Baked Beans Romaine/ Spinach Salad</p> <p>BAR: Breakfast Bar</p>
<p>29 Chicken Patty on a Bun Regular or Spicy Oven Baked Waffle Fries Vegetarian Baked Beans</p> <p>BAR: Salad Bar</p>	<p>30 Mini Chicken Corn Dogs Roasted Squash Whole Kernel Corn Scalloped Potatoes</p> <p>BAR: Noodle Bar</p>	<p>Grill Line: Hamburgers, Chicken, French Fries Grab & Go: Salads, Sandwiches, and Yogurt Parfaits Sides Offered Daily: Fresh Fruit, Fruit Sauce, Fresh Vegetables,</p>		

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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