

# High School Lunch Menu

## April 2018

Menu subject to change without notice.


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><b>Main:</b> Chicken Patty on a Bun Oven Baked Waffle Fries Vegetarian Baked Beans</p> <p><b>BAR:</b> Salad Bar</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>3</p> <p><b>Main:</b> Mini Corn Dogs Scalloped Potatoes Oven Roasted Carrots Whole Kernel Corn</p> <p><b>BAR:</b> Noodle Bar</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>4</p> <p><b>Main:</b> Popcorn Chicken Whipped Potatoes Low fat Gravy Roasted Broccoli School Made Dinner Roll</p> <p><b>BAR:</b> Mexican Bar</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>5</p> <p><b>Main:</b> Pulled Pork * on a Bun Roasted Sweet Potatoes Creamy Cucumber Salad Pickles and Sliced Onions Coconut Curry Beans</p> <p><b>BAR:</b> Potato Bar</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>6</p> <p><b>Main:</b> Asian Chicken Seasoned Brown Rice Garlic Breadstick Stir Fry Vegetables Honey Roasted Carrots</p> <p><b>BAR:</b> Hot Dish Bar</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</p>
<p>9</p> <p><b>Main:</b> Pizza Choice Fresh Romaine Caesar Salad Black Bean Salad</p> <p><b>BAR:</b> Soup and Sandwich</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>10</p> <p><b>Main:</b> Chicken Tenders Whipped Potatoes Low Fat Gravy Sweet Green Peas School Made Dinner Roll</p> <p><b>BAR:</b> Noodle Bar</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>11</p> <p><b>Main:</b> Brunch For Lunch Roasted Carrots Oven Baked Tri Tators</p> <p><b>BAR:</b> Mexican Bar</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>12</p> <p><b>Main:</b> Meatball Sub Creamy Cole Slaw Potato Crunch Broccoli</p> <p><b>BAR:</b> Potato Bar</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</p> <p>School Made Cookie #</p>	<p>13</p> <p><b>Main:</b> Sweet and Sour Chicken Seasoned Brown Rice Garlic Breadstick Stir Fry Vegetables</p> <p><b>BAR:</b> Breakfast Bar</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</p>
<p>16</p> <p><b>Main:</b> 2 for 1 Beef Hot Dogs Vegetarian Chili Roasted Squash Sriracha Beans and Rice</p> <p><b>BAR:</b> Salad Bar</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>17</p> <p><b>Main:</b> Popcorn Chicken Bowl Whipped Potatoes Low Fat Gravy Shredded Cheese Whole Kernel Corn School Made Dinner Roll</p> <p><b>BAR:</b> Noodle Bar</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>18</p> <p><b>Main:</b> French Dip Sandwich Roasted Peppers /Onions Sidewinders Potatoes Zesty Baked Zucchini Au Jus/ Cheese Sauce</p> <p><b>BAR:</b> Mexican Bar</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>19</p> <p><b>Main:</b> Chicken Patty on a Bun Oven Baked French Fries Parmesan Cauliflower Creamy Cole Slaw Honey Roasted Carrots</p> <p><b>BAR:</b> Potato Bar</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>20</p> <p><b>Main:</b> Italian Dunker Cheese Bread Marinara Sauce Creamy Cole Slaw Roasted Broccoli</p> <p><b>BAR:</b> Hot Dish Bar</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</p>
<p>23</p> <p><b>Main:</b> Chicken Parmesan Whole Grain Pasta Roasted Carrots Savory Green Beans and Onions</p> <p><b>BAR:</b> Soup and Sandwich Bar</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>24</p> <p><b>Main:</b> Chicken Po' Boy Sandwich Oven Baked French Fries Creamy Cucumber Salad</p> <p><b>BAR:</b> Noodle Bar</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>25</p> <p><b>Main:</b> Beef Meatballs in Gravy Whipped Potatoes Sweet Green Peas School Made Dinner Roll</p> <p><b>BAR:</b> Mexican Bar</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>26</p> <p><b>Main:</b> Fish sandwich Sweet Potato Fries Fresh Caesar Salad Soy Sauce Cauliflower</p> <p><b>BAR:</b> Breakfast Bar</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>27</p> <p><b>Main:</b> Chicken Wrap Seasoned Brown Rice Vegetarian Baked Beans Romaine/ Spinach Salad</p> <p><b>BAR:</b> Breakfast Bar</p> <p><b>GRILL:</b> Hamburgers and Chicken</p> <p><b>GRAB and GO</b> (Salads, Sandwiches, and Yogurt Parfaits)</p>
<p>30</p> <p>No School Today</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](http://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: Chef Salimatu's Zesty Baked Zucchini

