

2022 January

OSSEO AREA SCHOOLS

OEC and OALC High School Lunch Menu

ISD 279

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 3 | 4 | 5 | 6 | 7 |
| Cheeseburger Curly Fries | Breaded Chicken Sandwich Sidewinder Fries | Cheeseburger Curly Fries | Breaded Chicken Sandwich Sidewinder Fries | Cheeseburger Chips |
| International Cuisine | International Cuisine | International Cuisine | International Cuisine | International Cuisine |
| General Tso Chicken Lo Mein Noodles | Beef Taco in a Bag | Penne Grilled Chicken Alfredo Breadstick | Brunch For Lunch Pancakes Chicken Sausage Patties Hashbrown Patties Honey Roasted Carrots Fresh Fruit | Orange Chicken with White Rice Chicken Potsticker |
| Oven Roasted Sweet Potatoes Fresh Fruit Assorted Fresh Vegetables | Buttered Corn Fresh Fruit Assorted Fresh Vegetables | Steamed Seasoned Broccoli Fresh Fruit Assorted Fresh Vegetables | Assorted Fresh Vegetables | Ginger Stir-Fry Vegetables Fresh Fruit Assorted Fresh Vegetables |
| Protein Pack | Grilled Chicken Ranch Salad | Turkey Cheese Hoagie | Grilled Chicken Ranch Salad | Turkey Cheese Hoagie |
| 10 | 11 | 12 | 13 | 14 |
| Cheeseburger Curly Fries | Breaded Chicken Sandwich Sidewinder Fries | Cheeseburger Curly Fries | Breaded Chicken Sandwich Sidewinder Fries | Cheeseburger Chips |
| International Cuisine | International Cuisine | International Cuisine | International Cuisine | International Cuisine |
| Sweet and Sour Chicken Fried Rice Chicken Potsticker Honey Roasted Carrots Fresh Fruit Assorted Fresh Vegetables | Hot Beef and Cheddar Hoagie Sidewinder Fries Oven Roasted Curry Cauliflower Fresh Fruit Assorted Fresh Vegetables | Chicken Tenders (Regular and Spicy) Mashed Potatoes and Chicken Gravy Fresh Fruit Assorted Fresh Vegetables | Pizza Turkey Pepperoni or Cheese Caesar Salad Parmesan Spinach Alfredo Fresh Fruit Assorted Fresh Vegetables | Shredded Chicken Burrito Bowl with Flour Tortilla Cilantro Lime Rice Southwest Beans Chipotle Cinnamon Sweet Potatoes Fresh Fruit Assorted Fresh Vegetables |
| Protein Pack | Grilled Chicken Ranch Salad | Turkey Cheese Hoagie | Grilled Chicken Ranch Salad | Turkey Cheese Hoagie |
| 17 | 18 | 19 | 20 | 21 |
| No School | Breaded Chicken Sandwich Sidewinder Fries | Cheeseburger Curly Fries | Breaded Chicken Sandwich Sidewinder Fries | Cheeseburger Chips |
| | International Cuisine | International Cuisine | International Cuisine | International Cuisine |
| | Cheese Stromboli with Marinara Sauce Savory Green Beans and Onions Fresh Fruit Assorted Fresh Vegetables | Breaded Chicken Drumstick Mashed Potatoes Chicken Gravy Dinner Roll Buttered Corn Fresh Fruit Assorted Fresh Vegetables | Cheesy Beef Totchos Southwestern Rice Oven Roasted Sweet Potatoes Fresh Fruit Assorted Fresh Vegetables | Burrito Day Shredded Beef Chili Colorado OR Chicken Pollo Verde OR Bean and Cheese Chili Relleno Burrito Southwestern Rice Steamed Seasoned Broccoli Fresh Fruit Assorted Fresh Vegetables Fresh Baked Cookie |
| | Grilled Chicken Ranch Salad | Turkey Cheese Hoagie | Grilled Chicken Ranch Salad | Turkey Cheese Hoagie |
| 24 | 25 | 26 | 27 | 28 |
| Cheeseburger Curly Fries | Breaded Chicken Sandwich Sidewinder Fries | Cheeseburger Curly Fries | Breaded Chicken Sandwich Sidewinder Fries | Cheeseburger Chips |
| International Cuisine | International Cuisine | International Cuisine | International Cuisine | International Cuisine |
| Italian Dunker with Marinara Sauce Honey Roasted Carrots Fresh Fruit Assorted Fresh Vegetables | Hot Philly Beef Sandwich Sidewinder Fries Chipotle Cinnamon Sweet Potatoes Fresh Fruit Assorted Fresh Vegetables | Chicken Nugget Mashed Potato Bowl Dinner Roll Buttered Corn Fresh Fruit Assorted Fresh Vegetables | Hearty Beef Lasagna Breadstick Caesar Salad Steamed Seasoned Broccoli Fresh Fruit Assorted Fresh Vegetables | Spicy Szechuan Chicken Lo Mein Noodles Oven Roasted Brussel Sprouts Fresh Fruit Assorted Fresh Vegetables |
| Protein Pack | Grilled Chicken Ranch Salad | Turkey Cheese Hoagie | Grilled Chicken Ranch Salad | Turkey Cheese Hoagie |
| 31 | | | | |
| No School | | | | |

IN SCHOOL OFFERED DAILY:

Manager Choice of: Peanut Butter or Sun Butter and Jelly sandwich

This institution is an equal opportunity provider.