2023 February

OEC and **OALC** High School Lunch Menu



| Breaded Chicken Sandwich (Spicy or Regular) Cheeseburger Breaded Chicken Sandwich (Spicy or Regular) Cheeseburger Curly Fries International Cuisine International Cuisine International Cuisine International Cuisine International Cuisine International Cuisine Chicken Alfredo Breadstick Lo Mein Nocolles Chicken Euroris Down with Assorted Fresh Vegetables Assorted Fresh Fruit Assorted Fresh Vegetables Assorted Fres | | I | LC High School Lui | | ISD () 279 |
|--|---------------------------|------------------------------------|-----------------------------------|--|--|
| Chesoburger Contribute Secondary Fire Secon | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| Durcherad Brussel Bennes Brussel Bruss | | | | | |
| Bettered Com Fresh Fruit Assorted Fresh Vegetables Bettered Com Fresh Fruit Assorted Fresh Vegetables Fresh Fruit Assorted Fresh Vegetables Bettered Com Fresh Fruit Assorted Fresh Vegetables Fresh Fruit Assort | Cornbread | | (Regular and Spicy) | French Toast Flavored Muffin Chicken Sausage Patties | |
| Breaded Chricken Sandwich (Spiry or Regular) Cheeseburger Cheeseburger Chiese Statement Qualifier Chiese Statement Qualifi | Fresh Fruit | Fresh Fruit | Dinner Roll Fresh Fruit | Honey Roasted Carrots Fresh Fruit | |
| Recular Sideworder Free Sidewo | 6 | 7 | 8 | 9 | 10 |
| International Cuisine Inte | | | Cheeseburger | Breaded Chicken Sandwich (Spicy or Regular) | Cheeseburger |
| Beef Meatball Hoagie Sidewinder Fries Oven Reasted Curry Cauliflower Freich Fruit Assorted Fresh Vegetables 13 14 15 Cheeseburger Gurly Fries International Cuisine International Cuisine Hain Dunkar With Marinara Sauce With Marinara Sauce With Marinara Sauce Freich Fruit Assorted Fresh Vegetables Savary Green Bears and Onions Freich Fruit Assorted Fresh Vegetables Savary Green Bears and Onions Freich Fruit Assorted Fresh Vegetables Penne Grilled Chicken Alfredo Breaddich Steamed Seasoned Broccoli Freich Fruit Assorted Fresh Vegetables Freich Fruit Assorted Fresh Vegetables Freich Fruit Assorted Fresh Vegetables Freich Fruit Assorted Freich Vegetables Freich Fruit Assorted Frei | | | | | |
| Sidewinder Fries Oven Rosseted Curry Cauliflower Fresh Fruit Assorted Fresh Vegetables 13 14 15 Cheeseburger Curry Fries International Cuisine International Cuisine Tresh Fruit Assorted Fresh Vegetables 15 The Sherical International Cuisine Tresh Fruit Assorted Fresh Vegetables The Second Fresh Vegetables The Third | | | | | Shredded Chicken Burrito Bowl with |
| Over Roasted Curv Couliflower Fresh Fruit Assorted Fresh Vegetables Assorted Fresh Vegetables Fresh Fruit Assorted Fresh Vegetables Assorted Fresh Vegetables Fresh Fruit Fresh Frui | | 1 | Breadstick | Lo Mein Noodles | Cilantro Lime Rice |
| Assorted Fresh Vegetables 13 14 15 16 17 Cheeseburger Cuty Fries Breaded Chicken Sandwich (Spicy or Regular) Sidewinder Fries International Cuisine Inter | | Oven Roasted Curry Cauliflower | Steamed Seasoned Broccoli | | Chipotle Cinnamon Sweet Potato |
| Cheeseburger Curly Fries Curly | | Assorted Fresh Vegetables | Assorted Fresh Vegetables | Assorted Fresh Vegetables | Assorted Fresh Vegetables Fresh Baked Cookie |
| Curby Fries Sidewinder Fries Mashed Potatoses and Chicken Gravy International Cuisine International Cuisine (Southwestern Rice Fries Fruit Assorted Fresh Vegetables Perse Fruit Assorted Fresh Presh Fruit Assorted Fresh Vegetables 20 21 22 23 24 No School Breaded Chicken Sandwich (Spicy or Regular) Sidewinder Fries Mashed Potatose and Chicken Gravy Dinner Roll Bultured Corn Fresh Fruit Assorted Fresh Vegetables Presh Fruit Assorted Fresh Vegetables 20 21 22 23 24 No School Breaded Chicken Sandwich (Spicy or Regular) Sidewinder Fries Mashed Potatose and Chicken Gravy Dinner Roll Bultured Corn Fresh Fruit Assorted Fresh Vegetables Presh Fruit Assorted Fresh Vegetables 20 21 22 23 24 No School Breaded Chicken Sandwich (Spicy or Regular) Sidewinder Fries Mashed Potatose and Chicken Gravy Dinner Roll International Cuisine International Cuisine Deef Taco in a Bag Mashed Potatose and Chicken Gravy Dinner Roll Season and Ch | 13 | | 15 | 16 | 17 |
| International Cuisine Inte | • | Regular) | • | | _ |
| White Rice Chicken Pot Stickers Ginger Stir-Fry Vegetables Fresh Fruit Assorted Fresh Vegetables Assorted Fresh Vegetables 20 21 22 23 24 No School Breaded Chicken Sandwich (Spicy or Regular) Sidewinder Fries International Cuisine Beef Taco in a Bag Beef Taco in a Bag Cheeseburger Fresh Fruit Assorted Fresh Vegetables 27 28 Cheeseburger Cheeseburger Geseburger Curly Fries International Cuisine International Cuisine International Cuisine International Cuisine International Cuisine Fresh Fruit Assorted Fresh Vegetables Presh Fruit Assorted Fresh Vegeta | International Cuisine | International Cuisine | International Cuisine | International Cuisine | International Cuisine |
| Ginger Stir-Fry Vegetables Fresh Fruit Assorted Fresh Vegetables 20 21 22 23 24 No School Breaded Chicken Sandwich (Spicy or Regular) Sidewinder Fres Beef Taco in a Baq Chiese Berash Fruit Assorted Fresh Vegetables 27 28 Cheeseburger Berd Compress Mashed Potatoses and Chicken Gravy Dinner Roll Beef Taco in a Baq Chiese Burs Fresh Fruit Assorted Fresh Vegetables 27 28 Cheeseburger Beraded Chicken Sandwich (Spicy or Regular) Sidewinder Fries Beef Taco in a Baq Chicken Bites Mashed Potatoses and Chicken Gravy Dinner Roll B80 Baked Beans Fresh Fruit Assorted Fresh Vegetables 27 28 Cheeseburger Breaded Chicken Sandwich (Spicy or Regular) Sov Giazed Cauliflower Fresh Fruit Assorted Fresh Vegetables 27 28 Cheeseburger Breaded Chicken Sandwich (Spicy or Regular) Sov Giazed Cauliflower Fresh Fruit Assorted Fresh Vegetables 27 28 Cheeseburger Chips Hiternational Cuisine B80 Baked Beans Fresh Fruit Assorted Fresh Vegetables 30 Ven Roasted Brussel Grocoti Fresh Fruit Assorted Fresh Vegetables 4 Chicken Bites Chicken Bites Chicken Gravy Dinner Roll B80 Baked Beans Fresh Fruit Assorted Fresh Vegetables 5 Steamed Seasoned Broccoli Fresh Fruit Assorted Fresh Vegetables 4 Corn Fresh Fruit Assorted Fresh Vegetables 5 Steamed Seasoned Broccoli Fresh Fresh Fruit Assorted Fresh Vegetables 5 Steamed Seasoned Broccoli Fresh Fruit Assorted Fresh Vegetables 6 Chicken Bites Chicken Gravy Dinner Roll B80 Baked Beans Fresh Fruit Assorted Fresh Vegetables 6 Steamed Seasoned Broccoli Fresh Vegetables 7 Cheeseburger Chips Chicken Bites Chicken Bites Chicken Gravy Dinner Roll B80 Baked Beans Fresh Fruit Assorted Fresh Vegetables 8 Steamed Seasoned Broccoli Fresh Vegetables 7 Coven Roasted Brussel Chicken Gravy Dinner Roll Assorted Fresh Vegetables 8 Steamed Chicken Sandwich (Spicy or Regular) Steamed Chicken Gravy Assorted Fresh Vegetables 6 Coven Roasted Brussel Fresh Fruit Fresh Fruit Assorted Fresh | White Rice | | Mashed Potatoes and Chicken Gravy | Southwestern Rice | (Southern Style OR Nashville Ho BBQ Baked Beans |
| Fresh Fruit Assorted Fresh Vegetables 20 21 22 23 24 No School Breaded Chicken Sandwich (Spicy or Regular) Sidewinder Fries Fresh Fruit Assorted Fresh Vegetables Chicken Bits Mashed Potatoes and Chicken Gravy Dinner Roll BSD Baked Beans Fresh Fruit Assorted Fresh Vegetables Stavery Green Beans and Onions Fresh Fruit Assorted Fresh Vegetables Differed Daily Offfered Daily Fresh Fruit Assorted Fresh Vegetables Assorted Fresh Fruit Assorted Fresh Vegetables Offfered Daily | Cingar Stir En Vagatablea | Cayory Croon Boons and Onions | | Oven Beested Sweet Petetons | |
| Assorted Fresh Vegetables Breaded Chicken Sandwich (Spicy or Regular) Sidewinder Fries International Cuisine Beef Taco in a Bag Assorted Fresh Vegetables Assorted Fresh Vegetables Assorted Fresh Vegetables Chicken Bitts C | | | | | |
| Breaded Chicken Sandwich (Spicy or Regular) Sidewinder Fries Mashed Potatoes and Chicken Gravy International Cuisine | | | | | Assorted Fresh Vegetables |
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| International Cuisine International Cuisine Chicken Bites Chicken Wing Day Spicy Szechuan Chicken Chicken Bites Chicken Wing Day Spicy Szechuan Chicken Chicken Wing Day Pretzel and Cheese Sauce Lo Mein Nooidles Lo Mein Nooidles Chicken Fresh Fruit Assorted Fresh Vegetables Steamed Seasoned Broccoli Teresh Fruit Assorted Fresh Ve | No School | Regular) | _ | | |
| Beef Taco in a Bag Mashed Potatoes and Chicken Gravy Dinner Roll Soy Glazed Cauliflower Fresh Fruit Assorted Fresh Vegetables 27 Cheeseburger Curly Fries International Cuisine International Cuisine Buffalo Mac with Nashville Hot Chicken Sidewinder Fries Buffalo Mac with Nashville Hot Chicken Sidewinder Fries Buffalo Mac with Nashville Hot Chicken Sidewinder Fries Buffalo Mac with Nashville Hot Chicken Savory Green Beans and Onions Fresh Fruit Assorted Fresh Vegetables Offered Daily Chicken Bites Mashed Potatoes and and Chicken Gravy Dinner Roll Steamed Seasoned Broccoli Fresh Fruit Assorted Fresh Vegetables Steamed Seasoned Broccoli Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel State Assorted | | | | | |
| Soy Glazed Cauliflower Fresh Fruit Assorted Fresh Vegetables 27 28 Cheeseburger Curly Fries International Cuisine KC Mesquite BBQ Chicken Drumstick Cornbread BBQ Baked BBach BBQ Baked BBAChicken Drumstick Cornbread BBQ Baked BBach Buttered Corn Fresh Fruit Assorted Fresh Vegetables Sidewinder Fries Buttered Corn Fresh Fruit Assorted Fresh Vegetables Savory Green Beans and Onions Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Sidewinder Fries Buffalo Mac with Nashville Hot Chicken Sidewinder Fries Savory Green Beans and Onions Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Sidewinder Fries Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Sidewinder Fries Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh Vegetables Oven Roasted Brussel Sprou Fresh Fruit Assorted Fresh V | | | | | |
| Sov Glazed Cauliflower Fresh Fruit Assorted Fresh Vegetables 27 28 Cheeseburger Curly Fries International Cuisine KC Mesquite BBQ Chicken Drumstick BBQ Baked Beans Steamed Seasoned Broccoli Fresh Fruit Assorted Fresh Vegetables Steamed Seasoned Bruseles Steamed Seasoned Bruseles Steamed Seasoned Fresh Vegetables | | Beer Laco In a Bag | Mashed Potatoes and Chicken Gravy | | |
| Fresh Fruit Assorted Fresh Vegetables 27 28 Cheeseburger Curly Fries International Cuisine KC Mesquite BBQ Chicken Drumstick BBQ Baked Beans Savory Green Beans and Onions Fresh Fruit Assorted Fresh Vegetables Buttered Corn Fresh Fruit Assorted Fresh Vegetables Offered Daily | | Soy Glazed Cauliflower | | Steamed Seasoned Broccoli | Oven Roasted Brussel Sprouts |
| Cheeseburger Requiar Sidewinder Fries International Cuisine International Cuisine KC Mesquite BBQ Chicken Drumstick Cormbread BBQ Baked Beans Savory Green Beans and Onions Fresh Fruit Assorted Fresh Vegetables Differed Daily Breaded Chicken Sandwich (Spicy or Requiar) Sidewinder Fries Buffalo Mac with Nashville Hot Chicken Sidewinder Fries Buttered Corn Fresh Fruit Assorted Fresh Vegetables Offered Daily | | Fresh Fruit | Fresh Fruit | Fresh Fruit | |
| Cheeseburger Requiar Sidewinder Fries International Cuisine International Cuisine KC Mesquite BBQ Chicken Drumstick Cormbread BBQ Baked Beans Savory Green Beans and Onions Fresh Fruit Assorted Fresh Vegetables Differed Daily Breaded Chicken Sandwich (Spicy or Requiar) Sidewinder Fries Buffalo Mac with Nashville Hot Chicken Sidewinder Fries Buttered Corn Fresh Fruit Assorted Fresh Vegetables Offered Daily | 27 | 28 | | | |
| Curly Fries Sidewinder Fries International Cuisine International Cuisine KC Mesquite BBQ Chicken Drumstick Buffalo Mac with Nashville Hot Chicken Cornbread Sidewinder Fries BBQ Baked Beans Savory Green Beans and Onions Fresh Fruit Fresh Fruit Assorted Fresh Vegetables Offered Daily | | Breaded Chicken Sandwich (Spicy or | | | |
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| Cornbread Sidewinder Fries BBQ Baked Beans Savory Green Beans and Onions Fresh Fruit Fresh Fruit Assorted Fresh Vegetables Assorted Fresh Vegetables Offered Daily | | | | | |
| Fresh Fruit Assorted Fresh Vegetables Assorted Fresh Vegetables Offered Daily | Cornbread | Sidewinder Fries | | | |
| Offered Daily | Fresh Fruit | Fresh Fruit | | | |
| | Assorted Fresh Vegetables | Assorted Fresh Vegetables | | | |
| Protein Pack Grilled Chicken Ranch Salad Turkey Cheese Hoagie Grilled Chicken Ranch Salad Turkey Cheese Hoagie | | • | Offered Daily | | |
| | Protein Pack | Grilled Chicken Ranch Salad | Turkey Cheese Hoagie | Grilled Chicken Ranch Salad | Turkey Cheese Hoagie |

IN SCHOOL OFFERED DAILY:

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

This institution is an equal opportunity provider.