| 2022 September <br> High School Lunch Menu |  |  |  | Osseo Area Schools <br> ISD © 279 |
| :---: | :---: | :---: | :---: | :---: |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  | 6 | 7 | 8 | 9 |
|  | Breaded Chicken Sandwich (Regular and Spicy) Chips | Brunch For Lunch <br> French Toast <br> Flavored Muffin <br> Chicken Sausage Patties <br> Hashbrown Patties | Country Fried Beef Steak Mashed Potatoes And Country Gravy Dinner Roll | Poppin' Flavored Popcorn Chicken Day <br> Southern Style OR Nashville Hot BBQ Baked Beans Fritos |
|  | International Cuisine | International Cuisine | International Cuisine | International Cuisine |
|  | Orange Chicken with White Rice Chicken Potsticker | Italian Dunker with Marinara Sauce Caesar Salad | General Tso Chicken Lo mein Noodle Ginger Stir-Fry Vegetable | Penne Grilled Chicken Alfredo Breadstick |
|  | Grill Line: Burgers and Hotdogs | Grill Line: Burgers and Hotdogs | Grill Line: Burgers and Hotdogs | Grill Line: Burgers and Hotdogs |
|  | Steamed Seasoned Broccoli Fresh Fruit Assorted Fresh Vegetables | Honey Roasted Carrots Fresh Fruit Assorted Fresh Vegetables | Fresh Fruit Assorted Fresh Vegetables | Garlic California Vegetables Fresh Fruit Assorted Fresh Vegetables |
|  | Grab and Go: Managers Choice Salad and Sandwich | Grab and Go: Managers Choice Salad and Sandwich | Grab and Go: Managers Choice Salad and Sandwich | Grab and Go: Managers Choice Salad and Sandwich |
| 12 | 13 | 14 | 15 | 16 |
| Mini Chicken Corndogs Chips | Breaded Chicken Drumstick Mashed Potato and Chicken Gravy Dinner Roll | Sloppy Joes Chips BBQ Baked Beans | Chicken Wing Day <br> Salted Pretzel with Cheese Sauce | Philly Beef Sandwich Sidewinder Fries |
| International Cuisine | International Cuisine | International Cuisine | International Cuisine | International Cuisine |
| Rotini Beef Meat Sauce <br> Garlic Toast | Baja Beef Burrito Bowl with Flour Tortilla <br> Cilantro Lime Rice <br> Southwest Beans | Pizza <br> (Turkey Pepperoni or Cheese) Caesar Salad | Sweet and Sour Chicken with Fried Rice <br> Vegetable Egg Roll | Chicken Tenders <br> (Regular and Spicy) Cornbread Sidewinder Fries |
| Grill Line: Burgers and Hotdogs | Grill Line: Burgers and Hotdogs | Grill Line: Burgers and Hotdogs | Grill Line: Burgers and Hotdogs | Grill Line: Burgers and Hotdogs |
| Savory Green Beans and Onions <br> Fresh Fruit Assorted Fresh Vegetables | Buttered Corn Fresh Fruit Assorted Fresh Vegetables | Parmesan Spinach Alfredo w/ Tortilla Chips <br> Fresh Fruit Assorted Fresh Vegetables | Buffalo Cauliflower <br> Fresh Fruit Assorted Fresh Vegetables | Oven Roasted Sweet Potatoes <br> Fresh Fruit Assorted Fresh Vegetables Fresh Baked Cookie |
| Grab and Go: Managers Choice Salad and Sandwich | Grab and Go: Managers Choice Salad and Sandwich | Grab and Go: Managers Choice Salad and Sandwich | Grab and Go: Managers Choice Salad and Sandwich | Grab and Go: Managers Choice Salad and Sandwich |
| 19 | 20 | 21 | 22 | 23 |
| Beef Taco in a Bag White Rice | Breaded Chicken Sandwich (Regular or Spicy) Chips | Brunch for Lunch <br> French Toast <br> Flavored Muffin <br> Chicken Sausage Patties Hashbrown Patties | Build your own Beef Nachos (Beef Taco Meat/Cheese Sauce) Corn Tortilla Chips | Poppin' Flavored Popcorn Chicken Day Southern Style OR Nashville Hot BBQ Baked Beans Fritos |
| International Cuisine | International Cuisine | International Cuisine | International Cuisine | International Cuisine |
| Thai Sweet Chili Chicken with White Rice Chicken Potsticker | Hearty Beef Lasagna <br> Garlic Toast <br> Caesar Salad | Italian Dunker with Marinara Sauce <br> Caesar Salad | Teriyaki Chicken <br> Lo Mein Noodles | Penne Grilled Chicken Alfredo <br> Garlic Breadstick |
| Grill Line: Burgers and Hotdogs | Grill Line: Burgers and Hotdogs | Grill Line: Burgers and Hotdogs | Grill Line: Burgers and Hotdogs | Grill Line: Burgers and Hotdogs |
| Honey Roasted Carrots Fresh Fruit Assorted Fresh Vegetables | Roasted Broccoli Fresh Fruit Assorted Fresh Vegetables | Cauliflower with Soy Sauce Fresh Fruit Assorted Fresh Vegetables | Ginger Stir-fry Vegetable Fresh Fruit <br> Assorted Fresh Vegetables | Oven Roasted Brussel Sprouts Fresh Fruit Assorted Fresh Vegetables |
| Grab and Go: Managers Choice Salad and Sandwich | Grab and Go: Managers Choice Salad and Sandwich | Grab and Go: Managers Choice Salad and Sandwich | Grab and Go: Managers Choice Salad and Sandwich | Grab and Go: Managers Choice Salad and Sandwich |
| 26 | 27 | 28 | 29 | 30 |
| Chicken Wing Day <br> Salted Pretzel with Cheese Sauce | Mini Chicken Corndogs Curly Fries | Chicken Tenders (Regular and Spicy) Caesar Salad Breadstick | KC Mesquite BBQ Chicken Drumstick <br> Cornbread <br> Fritos Corn Chips <br> Cornbread <br> BBQ Baked Beans | Chicken Bites Mashed Potatoes and Chicken Gravy Dinner Roll |
| International Cuisine | International Cuisine | International Cuisine | International Cuisine | International Cuisine |
| Rotini and Beef Meatball Marinara Breadstick | Shredded Chicken Burrito Bowl with Flour <br> Tortilla <br> Cilantro Lime Rice <br> Southwest Beans | Pizza <br> (Buffalo Chicken or Cheese) <br> Caesar Salad | Cheesy Beef Totchos <br> White Rice <br> Fritos Corn Chips | Spicy Szechuan Chicken <br> Fried Rice <br> Vegetable Egg Roll |
| Grill Line: Burgers and Hotdogs | Grill Line: Burgers and Hotdogs | Grill Line: Burgers and Hotdogs | Grill Line: Burgers and Hotdogs | Grill Line: Burgers and Hotdogs |
| Oven Roasted Sweet Potatoes <br> Fresh Fruit Assorted Fresh Vegetables | $\begin{gathered} \text { Steamed Seasoned Broccoli } \\ \text { Fresh Fruit } \\ \text { Assorted Fresh Vegetables } \\ \hline \end{gathered}$ | Parmesan Spinach Alfredo w/ Tortilla Chips <br> Fresh Fruit <br> Assorted Fresh Vegetables | Steamed Green Beans Fresh Fruit Assorted Fresh Vegetables | Buttered Corn Fresh Fruit Assorted Fresh Vegetables |
| Grab and Go: Managers Choice Salad and Sandwich | Grab and Go: Managers Choice Salad and Sandwich | Grab and Go: Managers Choice Salad and Sandwich | Grab and Go: Managers Choice Salad and Sandwich | Grab and Go: Managers Choice Salad and Sandwich |

## IN SCHOOL OFFERED DAILY:

Manager Choice of: Specialty Salad, Specialty Sandwich, Yogurt Parfait, or Peanut Butter or Sun Butter and Jelly sandwich.
*In the event that school is closed due to inclement weather, the menu offerings from the initial day school is closed will be the offerings on the following school day.
This institution is an equal opportunity provider.

