

October K-5 & K-8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Hot Dog Bosco Cheese Stuffed Breadsticks with Marinara Sauce (V) Deli Sandwich (V)	2 Buffalo or Crispy Chicken Tenders Roadrunner Pepperoni Pizza * or Cheese Pizza (V) Crispy Chicken, Buffalo Chicken, or Vegetarian Salad	3 Macaroni and Cheese (V) Buffalo or Crispy Chicken Sandwich Cookie Treat	4 Fish Sticks Beef Hamburger or Cheeseburger Tater Tots offered with all meals
7 Teriyaki Beef Bowl served with Rice Buffalo or Crispy Chicken Tenders	8 Bean and Cheese (V) or Beef and Cheese Nachos All White Meat Chicken Nuggets Deli Sandwich (V)	9 Hot Dog Roadrunner Pepperoni Pizza * or Cheese Pizza (V) Crispy Chicken, Buffalo Chicken, or Vegetarian Salad	10 Pasta with Meat Sauce Crispy or Buffalo Chicken Sandwich	11 No School Today
14 Orange Chicken Bowl served with Rice Brunch for Lunch Cracker Treat	15 Bean and Cheese or Beef and Cheese Soft Tacos Bosco Cheese Stuffed Breadsticks with Marinara Sauce (V) Deli Sandwich (V)	16 Buffalo or Crispy Chicken Tenders Roadrunner Pepperoni Pizza * or Cheese Pizza (V) Crispy Chicken, Buffalo Chicken, or Vegetarian Salad	17 Macaroni and Cheese (V) Chicken Filet Sandwich Buffalo Chicken Sandwich	18 Rib B Que Sandwich Beef Hamburger or Cheeseburger Tater Tots offered with all meals
21 Teriyaki Beef Bowl served with Rice Buffalo or Crispy Chicken Tenders	22 Bean and Cheese (V) or Beef and Cheese Nachos All White Meat Chicken Nuggets Deli Sandwich (V)	23 Corn Dog Roadrunner Pepperoni Pizza * or Cheese Pizza (V) Crispy Chicken, Buffalo Chicken, or Vegetarian Salad	24 Lasagna Roll Ups (V) Buffalo or Crispy Chicken Sandwich	25 Pepperoni Pizza Rippers or Cheese Pizza Rippers (V) Beef Hamburger or Cheeseburger Potato Wedges offered with all meals
28 Bean, Cheese, and Green Chile Tamales (V)^L Chicken and Waffles	29 Hot Dog Bosco Cheese Stuffed Breadsticks with Marinara Sauce (V) Deli Sandwich (V)	30 Buffalo or Crispy Chicken Tenders Roadrunner Pepperoni Pizza * or Cheese Pizza (V) Crispy Chicken, Buffalo Chicken, or Vegetarian Salad	31 Local BBQ Chicken Drumstick with Biscuit^{N,L} Buffalo or Crispy Chicken Sandwich	Lunch Prices Paid: \$3.05 Reduced: No Charge Adult: \$4.50 Milk: \$0.50

V=Vegetarian
* = Pork
N=New Item
L=Local Item

Offered Daily

- Peanut Butter and Jelly Sandwich with String Cheese and Granola (V)
- Yogurt and Granola Cup (V)

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Follow us on Instagram: @bsdnutritionservices
Follow us on Twitter: @BeavertonSDCafe
Visit our Website:

<http://www.beaverton.k12.or.us/home/departments/nutrition->

For online access, to view and make deposits into your student's meal account and to sign up for meal benefits, log onto www.schoolcafe.com.

What is included in your students lunch meal?

Included with all lunches are a Meat or Meat Alternate Entrée, choice of Nonfat Plain Milk, 1% Plain Milk, or Nonfat Chocolate Milk, a Whole Grain Rich Bread or Grain item, and a variety of Fruits and Vegetables.

We are an **Offer Versus Serve** program. "Offer vs. Serve" means that you are always *offered* a full lunch, but if you don't want it all, you don't have to take every item that is offered. Students must choose from at least 3 food groups and must choose at least 1/2 cup of fruits or vegetables.

Menus subject to change.

"This institution is an equal opportunity provider"

October is National Farm to School Month and October 14-18 is National School Lunch Week! Check out our Facebook, Instagram, and Twitter Feeds for more information!