

# October Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Buffalo or Crispy Layered Chicken Bowl Bosco Cheese Stuffed Breadsticks (V)	2 Sweet and Sour Chicken Bowl with Rice Roadrunner Cheese (V) or Pepperoni Pizza*	3 Chicken Soft Taco Bosco Cheese Stuffed Breadsticks (V)	4 Macaroni and Cheese (V) Roadrunner Cheese or Pepperoni Pizza (V)*
7 Rib B Que Sandwich Cheese (V) or Pepperoni Pizza Rippers <b>Tater Tots offered with all meals</b>	8 Buffalo Chicken Tater Bowl Bosco Cheese Stuffed Breadsticks (V)	9 Teriyaki Beef Bowl with Brown Rice Roadrunner Cheese (V) or Pepperoni Pizza*	10 Corn Dog Bosco Cheese Stuffed Breadsticks (V) Toasted Cheese Sandwich <b>Cookie Treat</b>	11 <b>No School Today</b>
14 Buffalo or Crispy Popcorn Chicken Cheese (V) or Pepperoni Pizza Rippers <b>Potato Wedges offered with all meals</b>	15 Chicken and Waffles Bosco Cheese Stuffed Breadsticks (V)	16 Orange Chicken Bowl with Noodles Roadrunner Cheese (V) or Pepperoni Pizza*	17 <b>No School Today</b>	18 <b>No School Today</b>
21 Buffalo or Crispy Chicken Tenders Cheese (V) or Pepperoni Pizza Rippers Chicken Filet Sandwich <b>Tater Tots offered with all meals</b>	22 Country Steak with Mashed Potatoes and Gravy Bosco Cheese Stuffed Breadsticks (V)	23 General Tso's Chicken Bowl with Noodles Roadrunner Cheese (V) or Pepperoni Pizza*	24 <b>Local BBQ Chicken Drumstick with Biscuit<sup>N,L</sup></b> Bosco Cheese Stuffed Breadsticks (V) Toasted Cheese Sandwich	25 Lasagna Roll Ups (V) Roadrunner Cheese or Pepperoni Pizza (V)*
28 <b>Bean, Cheese, and Green Chile Tamales (V)<sup>L</sup></b> Cheese (V) or Pepperoni Pizza Rippers <b>Potato Wedges offered with all meals</b>	29 Buffalo or Crispy Layered Chicken Bowl Bosco Cheese Stuffed Breadsticks (V)	30 Sweet and Sour Chicken Bowl with Rice Roadrunner Cheese (V) or Pepperoni Pizza*	31 Chicken Soft Taco Bosco Cheese Stuffed Breadsticks (V)	

Lunch Prices  
Paid: \$3.25  
Reduced: No Charge  
Adult: \$4.50  
Milk: \$0.50

- Daily Offerings**
- Buffalo or Crispy Chicken Sandwich
  - Beef Hamburger or Cheeseburger
  - Peanut Butter and Jelly Sandwich (V)
  - Variety of Deli Sandwich (V)
  - Variety of Prepared Salads (V)
  - Yogurt and Granola Cup (V)

**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!**

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

Follow us on Facebook: @BeavertonSDNutritionServices  
Follow us on Instagram: @bsdnutritionservices  
Follow us on Twitter: @BeavertonSDCafe  
Visit our Website: <http://www.beaverton.k12.or.us/home/departments/nutrition-services/>

**What is included in your students lunch meal?** Included with all lunches are a Meat or Meat Alternate Entrée, a choice of 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"

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](http://www.schoolcafe.com).

Are you interested in working for Beaverton School District Nutrition Services? This is fun, fast paced work you can do while your student is in school!  
Just go to <https://www.beaverton.k12.or.us/depts/hr/applicants/Pages/Openings.aspx?category=SUB+FOOD+SERVICE> click and apply!