

October High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Buffalo or Crispy Layered Chicken Bowl General Tso's Chicken Bowl Cheese (V) or Pepperoni Pizza Rippers	2 Chicken Drumstick and Potato Wedges Sweet and Sour Chicken Bowl	3 Macaroni and Cheese (V) General Tso's Chicken Bowl Cheese (V) or Pepperoni Pizza Rippers	4 Buffalo Chicken Tater Bowl All White Meat Chicken Nuggets Orange Chicken Bowl
7 Buffalo or Crispy Popcorn Chicken Orange Chicken Bowl Chicken Filet Sandwich	8 Country Steak with Mashed Potatoes and Gravy General Tso's Chicken Bowl Cheese (V) or Pepperoni Pizza Rippers	9 Rib B Que Sandwich Sweet and Sour Chicken Bowl	10 Chicken Alfredo Pasta General Tso's Chicken Bowl Cheese (V) or Pepperoni Pizza Rippers	11 No School Today
14 Chicken Soft Taco Orange Chicken Bowl Chicken Filet Sandwich	15 Buffalo or Crispy Layered Chicken Bowl General Tso's Chicken Bowl Cheese (V) or Pepperoni Pizza Rippers	16 Chicken and Waffles Sweet and Sour Chicken Bowl	17 Pasta with Meat Sauce General Tso's Chicken Bowl Cheese (V) or Pepperoni Pizza Rippers	18 Buffalo Chicken Tater Bowl All White Meat Chicken Nuggets Orange Chicken Bowl
21 Buffalo or Crispy Chicken Tenders Orange Chicken Bowl Chicken Filet Sandwich	22 Country Steak with Mashed Potatoes and Gravy General Tso's Chicken Bowl Cheese (V) or Pepperoni Pizza Rippers	23 Buffalo or Crispy Popcorn Chicken Sweet and Sour Chicken Bowl	24 Lasagna Roll Ups (V) General Tso's Chicken Bowl Cheese (V) or Pepperoni Pizza Rippers	25 Buffalo Chicken Tater Bowl All White Meat Chicken Nuggets Orange Chicken Bowl
28 Bean, Cheese, and Green Chile Tamales (V)^L Orange Chicken Bowl Chicken Filet Sandwich	29 Buffalo or Crispy Layered Chicken Bowl General Tso's Chicken Bowl Cheese (V) or Pepperoni Pizza Rippers	30 Local BBQ Chicken Drumstick with Biscuit^{N L} Sweet and Sour Chicken Bowl	31 Macaroni and Cheese (V) General Tso's Chicken Bowl Cheese (V) or Pepperoni Pizza Rippers	Lunch Prices Paid: \$3.60 Reduced: No Charge Adult: \$4.50 Milk: \$0.50

Offered Daily

- Beef, Chicken, and Vegetarian Nachos
- Beef and Chicken Teriyaki Bowls
- Bosco Cheese Stuffed Breadsticks (V)
- Buffalo or Crispy Chicken Sandwich
- Beef Hamburger or Cheeseburger
- Handmade Burritos
- Peanut Butter and Jelly Sandwich (V)
- Roadrunner Cheese (V) or Pepperoni Pizza*
- Variety of Deli Sandwich (V)
- Variety of Prepared Salads (V)
- Yogurt and Granola Cup (V)

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.

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!

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, 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"

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