

October Merlo High School Lunch Menu

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

Offered Daily

- Bosco Cheese Stuffed Breadsticks (V)
- Buffalo or Crispy Chicken Sandwich
- Beef Hamburger or Cheeseburger
- 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.

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/>

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!

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, 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!