

November Merlo High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 No School Today
4 Chicken Drumstick with Potatoes Chicken Filet Sandwich Cheese (V) or Pepperoni Pizza Rippers	5 Buffalo Chicken Tater Bowl	6 Chicken or Vegetarian Nachos (V)	7 Orange Chicken Bowl Cheese (V) or Pepperoni Pizza Rippers	8 Chicken Alfredo Pasta
11 No School Today	12 Buffalo or Crispy Layered Chicken Bowl	13 Beef or Vegetarian Nachos (V)	14 Sweet and Sour Chicken Bowl Cheese (V) or Pepperoni Pizza Rippers	15 Pasta with Meat Sauce Chicken Soft Taco
18 Buffalo or Crispy Popcorn Chicken Cheese or Pepperoni Pizza Rippers (V)	19 Country Steak with Mashed Potatoes and Gravy	20 Chicken or Vegetarian Nachos (V)	21 Teriyaki Chicken Bowl Cheese or Pepperoni Pizza Rippers (V)	22 Lasagna Roll Ups (V)
25 All White Meat Chicken Nuggets Cheese or Pepperoni Pizza Rippers (V)	26 Buffalo or Crispy Layered Chicken Bowl	27 No School Today	28 No School Today	29 No School Today

Lunch Prices
Paid: \$3.60
Reduced: No Charge
Adult: \$4.50
Milk: \$0.50

V=Vegetarian
* = Pork

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.

Offered Daily

- Bosco Cheese Stuffed Breadsticks (V)
- Buffalo or Crispy Chicken Sandwich
- Hamburger or Cheeseburger
- Peanut Butter and Jelly Sandwich (V)
- Roadrunner Cheese or Pepperoni Pizza(V)*
- Variety of Deli Sandwich (V)
- Variety of Prepared Salads (V)
- Yogurt and Granola Cup (V)

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"

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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!