

January High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
6 Chicken Soft Taco Orange Chicken Bowl	7 Buffalo or Crispy Layered Chicken Bowl General Tso's Chicken Bowl Cheese (V) or Pepperoni Pizza Rippers	8 Chicken Drumstick and Tater Tots Sweet and Sour Chicken Bowl	9 Macaroni and Cheese (V) General Tso's Chicken Bowl Cheese (V) or Pepperoni Pizza Rippers	10 Buffalo Chicken Tater Bowl All White Meat Chicken Nuggets Orange Chicken Bowl
13 Buffalo or Crispy Popcorn Chicken Orange Chicken Bowl	14 Country Steak with Mashed Potatoes and Gravy General Tso's Chicken Bowl Cheese (V) or Pepperoni Pizza Rippers	15 Rib B Que Sandwich Sweet and Sour Chicken Bowl	16 Chicken Alfredo Pasta General Tso's Chicken Bowl Cheese (V) or Pepperoni Pizza Rippers	17 Buffalo Chicken Tater Bowl All White Meat Chicken Nuggets Orange Chicken Bowl
20 No School Today	21 Buffalo or Crispy Layered Chicken Bowl General Tso's Chicken Bowl Cheese (V) or Pepperoni Pizza Rippers	22 Chicken and Waffles Sweet and Sour Chicken Bowl	23 Pasta with Meat Sauce General Tso's Chicken Bowl Cheese (V) or Pepperoni Pizza Rippers	24 Buffalo Chicken Tater Bowl All White Meat Chicken Nuggets Orange Chicken Bowl
27 No School Today	28 Country Steak with Mashed Potatoes and Gravy General Tso's Chicken Bowl Cheese (V) or Pepperoni Pizza Rippers	29 Buffalo or Crispy Popcorn Chicken Sweet and Sour Chicken Bowl	30 Lasagna Roll Ups (V) General Tso's Chicken Bowl Cheese (V) or Pepperoni Pizza Rippers	31 Buffalo Chicken Tater Bowl All White Meat Chicken Nuggets Orange Chicken Bowl

Offered Daily

- Beef, Chicken, or Vegetarian Nachos
- Beef and Chicken Teriyaki Bowls
- Bosco Cheese Stuffed Breadsticks (V)
- Buffalo or Crispy Chicken Sandwich
- Hamburger or Cheeseburger
- Handmade Burritos
- 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)

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.

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

V=Vegetarian
* = Pork

What is included in your student's 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.

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!