

January Merlo High School Lunch Menu

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

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)

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.

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 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.

"This institution is an equal opportunity provider"

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!