

# March Middle School Lunch Menu

Lunch Prices  
 Paid: \$3.25  
 Reduced: No Charge  
 Adult: \$4.50  
 Milk: \$0.50

V=Vegetarian  
 \* = Pork

To view and make deposits into your student's meal account, to sign up for meal benefits and to access nutrition and allergy information, log onto [www.schoolcafe.com](http://www.schoolcafe.com).

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Orange Chicken Bowl with Rice Cheese (V) or Pepperoni Pizza*	2 Beef or Vegetarian Nachos (V) Cheese Stuffed Breadsticks with Marinara (V)	3 Pasta with Meat Sauce Cheese (V) or Pepperoni Pizza*
6 Chicken Nuggets Cheese (V) or Pepperoni Pizza* <b>Tater Tots offered with all meals</b>	7 Buffalo or Crispy Layered Chicken Bowl Cheese Stuffed Breadsticks with Marinara (V)	8 General Tso's Chicken Bowl with Noodles Cheese or Pepperoni Pizza (V)*	9 Corn Dog Cheese Stuffed Breadsticks with Marinara (V) Toasted Cheese Sandwich (V)	10 Chicken Parmesan Pasta Bowl Cheese (V) or Pepperoni Pizza*
13 Vegan Meatball Pasta Cheese (V) or Pepperoni Pizza* <b>Hot Corn offered with all meals</b>	14 Buffalo Chicken Tater Bowl Cheese Stuffed Breadsticks with Marinara (V)	15 Teriyaki Beef Bowl with Rice Cheese (V) or Pepperoni Pizza*	16 Chicken or Vegetarian Nachos (V) Cheese Stuffed Breadsticks with Marinara (V)	17 Macaroni and Cheese (V) Cheese (V) or Pepperoni Pizza*
20 BBQ Chicken Filet Sandwich Cheese (V) or Pepperoni Pizza* <b>Tater Tots offered with all meals</b>	21 Buffalo or Crispy Layered Chicken Bowl Cheese Stuffed Breadsticks with Marinara (V)	22 Sweet and Sour Chicken Bowl with Noodles Cheese (V) or Pepperoni Pizza*	23 <b>Chili and Cinnamon Roll (V)</b> Cheese Stuffed Breadsticks with Marinara (V) Toasted Cheese Sandwich (V)	24 Broccoli (V) or Chicken Alfredo Pasta Cheese (V) or Pepperoni Pizza*
27 <b>No School Today</b>	28 <b>No School Today</b>	29 <b>No School Today</b>	30 <b>No School Today</b>	31 <b>No School Today</b>

## What is included in your student's lunch meal?

Included with all lunches are a Meat or Meat Alternate Entrée, choice of 1% White 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"

## Offered Daily

- Buffalo or Crispy Chicken Sandwich
- Hamburger or Cheeseburger
- Peanut Butter and Jelly Sandwich (V)
- Variety of Deli Sandwich
- Variety of Prepared Salads
- Yogurt and Granola Cup (V)

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<http://www.beaverton.k12.or.us/home/departments/nutrition-services/>