

# April Merlo High School Lunch Menu

Lunch Prices  
 Paid: No Charge  
 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
3 BBQ Chicken Filet Sandwich	4 Buffalo or Crispy Layered Chicken Bowl	5 Fish Taco	6 Teriyaki Beef Bowl	7 Pasta with Meat Sauce
10 Chicken Nuggets	11 Buffalo or Crispy Layered Chicken Bowl	12 Chicken or Vegetarian Nachos (V)	<b>13 No School Today</b>	<b>14 No School Today</b>
17 Vegan Meatball Pasta	18 Buffalo or Crispy Layered Chicken Bowl	19 Beef or Vegetarian Nachos (V)	20 Sweet and Sour Chicken Bowl	21 Macaroni and Cheese (V)
24 Rib B Que Sandwich	25 Buffalo Chicken Tater Bowl	26 Chicken or Vegetarian Nachos (V)	27 Chili and Cinnamon Roll (V)	28 Broccoli (V) or Chicken Alfredo Pasta

**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"

## Offered Daily

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

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