

BREAKFAST MENU

Assorted cereals and yogurt or a cheese stick are available daily. Breakfast includes a choice of fruit/100% fruit juice & milk.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------|----------------------|-----------------------------------|---------------------------|-----------------------|
| Sausage (pork) & WG Toast | French Toast Bake WG | Sausage (pork) Breakfast Pizza WG | Scrambled Eggs & WG Toast | Pancake WG with Syrup |



Paying attention in class can improve your cooking skills. Math concepts like counting, measurement, and fractions naturally unfold when navigating a recipe.



LUNCH MENU - CHOICE ONE

Specialty green salad with dinner roll WG or sun butter with jelly sandwich WG & cheese stick served daily. All lunches include a choice of fruit, vegetables, & milk.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--------------------------------|---------------------------|----------------------------|---|
| Crispy Chicken Nuggets WG & Dinner Roll | Pizza Day! Cheese or Pepperoni | Toasty Cheese Sandwich WG | Crispy Chicken Sandwich WG | Mozzarella Sticks WG Marinara Dipping Sauce |



FEED YOUR MOOD. Who wants to be happy? We all do, don't we? Some happy foods are avocados, bell peppers, tomatoes, popcorn, and mangos.



| 6 | 7 | 8 | 9 | 10 |
|---|--|--|---|--------------------------|
| Chicken Alfredo WG Roasted Broccoli | Meatball (beef) Sandwich WG Baked French Fries | Hotdog (turkey) WG Steamed Carrots | Cheesy (pulled pork) Taquito & Salsa Seasoned Black Beans | School not in session |
| 13 Spaghetti & Meatballs (beef) WG Roasted Broccoli | 14 BBQ Rib Sandwich (pork) WG Baked French Fries | 15 Chicken & Waffles Syrup Steamed Carrots | 16 Enchilada (beef) Seasoned Black Beans | 17 School not in session |
| 20 21 22 23 24 FALL BREAK - School not in session | | | | |
| 27 Macaroni & Cheese WG Roasted Broccoli | 28 Chicken Fried Rice Bowl WG Green Beans | 29 Cheeseburger WG Baked Tater Tots | 30 Penne Rossa WG Steamed Carrots | |

The Community Eligibility Provision (CEP) is a non-pricing meal service option for schools. The elementary schools that qualify for CEP are Ardenwald, Bilquist, Lewelling, Linwood, Milwaukie, Oak Grove, Riverside, & Whitcomb Elementary Schools. The secondary schools that qualify are Milwaukie High, New Urban High, Pace High, and Rowe Middle.

All menu items are subject to change depending on product availability. WG = Whole Grain. Questions or comments? Call NCS Nutrition Services at (503) 353-6068. Free & Reduced Hotline (503) 353-6034

| 2023-2024 Meal Prices | Meal at Breakfast | Meal at Lunch | Milk Only |
|-----------------------|-------------------|---------------|-----------|
| Paid | \$2.05 | \$3.10 | 50¢ |
| Free & Reduced | \$0.00 | \$0.00 | 50¢ |
| Adult Meal | \$3.10 | \$4.90 | 50¢ |



Add funds to your student's meal account:
<https://linqconnect.com>
 (Formerly Titan Family)



This institution is an equal opportunity provider.



M O O D  B O O S T

FEED
YOUR
MOOD.

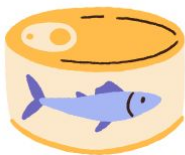
IT'S WELL KNOWN THAT FOOD AFFECTS PHYSICAL WELL-BEING. NOW, NEW EVIDENCE FINDS THAT FOOD ALSO AFFECTS MOOD AND MENTAL WELL-BEING. NORTH CLACKAMAS SCHOOL DISTRICT AND ITS NUTRITION SERVICE PARTNER, CHARTWELLS K12, WANT EVERY STUDENT TO LEAVE THE CAFETERIA HAPPIER AND HEALTHIER THAN THEY CAME. WE INTRODUCE OUR MOOD BOOST PROGRAM. IT MAKES LEARNING ABOUT AND TASTING HEALTHY FOODS EVEN MORE FUN. THE MOOD FOR NOVEMBER IS HAPPY!

Eating foods like: Halibut, Tuna, Popcorn, Mushrooms, Avocados, Brown Rice, Blackberries, & Milk, help me be happy.



MATCH GAME

Draw a line from each word below to the correct food.



Avocado



Mushroom



Blackberry

Tuna



Popcorn



Milk

**LOOKING FOR A JOB
WHILE THE KIDS ARE IN SCHOOL?
WE ARE HIRING IN
NUTRITION SERVICES!**

GO TO: NCLACK.K12.OR.US
& CLICK ON "CAREERS"

