



POWERUP!

Power Your Performance

September 2023

North Gresham

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7	8
 <p>Labor Day</p>	<p>Lunch</p> <ul style="list-style-type: none"> • Baja Beef Rice Bowl (1 serving, 41g Carbs, 3g Sugar) • Tortilla Chips (1.5 oz, 26g Carbs, 1g Sugar) • Chicken Nuggets (5 each, 12g Carbs, 0g Sugar) • Whole Grain Dinner Roll (1 each, 14g Carbs, 2g Sugar) • Mixed Greens Salad with Cheese (1 each, 6g Carbs, 2g Sugar) • Breadstick (2 each, 30g Carbs, 6g Sugar) • Italian Hoagie (1 sandwich, 29g Carbs, 6g Sugar) <p>Sides for All Meals</p> <ul style="list-style-type: none"> • Fresh Plum (1 each, 7g Carbs, 6g Sugar) • Fresh Orange Wedges (4 wedge, 11g Carbs, 9g Sugar) • Chilled Diced Pears (0.5 cups, 16g Carbs) • Sliced Cucumbers (0.25 cups, 1g Carbs, 0g Sugar) • Fresh Celery Sticks (0.75 cups, 3g Carbs, 1g Sugar) • Fresh Carrots (0.5 cups, 7g Carbs, 4g Sugar) <p>Milk & Condiments</p> <ul style="list-style-type: none"> • 1% Low-fat Milk (1 each, 13g Carbs, 12g Sugar) • Chocolate Fat Free Milk (1 each, 24g Carbs, 22g Sugar) 	<p>Lunch</p> <ul style="list-style-type: none"> • Classic Pepperoni Pizza (1 piece, 33g Carbs, 8g Sugar) • Cheese Pizza (1 piece, 33g Carbs, 8g Sugar) • Ham & Turkey Chef Salad (1 each, 9g Carbs) • Breadstick (2 each, 30g Carbs, 6g Sugar) • Ham & Cheese on a Bun (1 sandwich, 29g Carbs, 5g Sugar) <p>Sides for All Meals</p> <ul style="list-style-type: none"> • Blueberries (0.5 cups, 9g Carbs, 7g Sugar) • Fresh Granny Smith Apple (1 each, 20g Carbs, 14g Sugar) • Pineapple Tidbits (0.5 cups, 15g Carbs, 13g Sugar) • Romaine Lettuce (1 cups, 2g Carbs, 1g Sugar) • Edamame (0.5 cups, 8g Carbs, 2g Sugar) • Fresh Carrots (0.5 cups, 7g Carbs, 4g Sugar) <p>Milk & Condiments</p> <ul style="list-style-type: none"> • 1% Low-fat Milk (1 each, 13g Carbs, 12g Sugar) • Chocolate Fat Free Milk (1 each, 24g Carbs, 22g Sugar) 	<p>Lunch</p> <ul style="list-style-type: none"> • Korean Chicken Bulgogi (2.75 oz meat, 7g Carbs, 4g Sugar) • Asian Brown Rice (0.5 cups, 23g Carbs, 0g Sugar) • Toasty Cheese Sandwich (1 sandwich, 26g Carbs, 3g Sugar) • Turkey Taco Salad (1 serving, 5g Carbs, 1g Sugar) • Tortilla Chips (1.5 oz, 26g Carbs, 1g Sugar) • Turkey on a Whole Grain Bun (1 sandwich, 27g Carbs, 4g Sugar) <p>Sides for All Meals</p> <ul style="list-style-type: none"> • Fresh Granny Smith Apple (1 each, 20g Carbs, 14g Sugar) • Fresh Banana (1 each, 23g Carbs, 12g Sugar) • Blueberries (0.5 cups, 9g Carbs, 7g Sugar) • Fresh Celery Sticks (0.75 cups, 3g Carbs, 1g Sugar) • Corn & Pepper Salad (0.5 cups, 12g Carbs, 3g Sugar) • Lettuce and Spinach Salad (0.5 cups, 1g Carbs, 0g Sugar) <p>Milk & Condiments</p> <ul style="list-style-type: none"> • 1% Low-fat Milk (1 each, 13g Carbs, 12g Sugar) • Chocolate Fat Free Milk (1 each, 24g Carbs, 22g Sugar) 	<p>Lunch</p> <ul style="list-style-type: none"> • Macaroni and Cheese (0.667 cups, 24g Carbs, 5g Sugar) • Whole Grain Dinner Roll (1 each, 14g Carbs, 2g Sugar) • Crispy Chicken Patty Sandwich (1 sandwich, 41g Carbs, 5g Sugar) • Buffalo Chicken Salad (1 each, 10g Carbs, 3g Sugar) • Breadstick (2 each, 30g Carbs, 6g Sugar) • Crispy Ranch Chicken Sandwich (1 sandwich, 42g Carbs, 6g Sugar) <p>Sides for All Meals</p> <ul style="list-style-type: none"> • Fresh Plum (1 each, 7g Carbs, 6g Sugar) • Fresh Orange Wedges (4 wedge, 11g Carbs, 9g Sugar) • Chilled Diced Pears (0.5 cups, 16g Carbs) • Fresh Carrots (0.25 cups, 4g Carbs, 2g Sugar) • Green Peas (0.5 cups, 14g Carbs, 4g Sugar) • Fresh Broccoli Florets (0.75 cups, 4g Carbs, 1g Sugar) <p>Milk & Condiments</p> <ul style="list-style-type: none"> • 1% Low-fat Milk (1 each, 13g Carbs, 12g Sugar) • Chocolate Fat Free Milk (1 each, 24g Carbs, 22g Sugar)

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Lunch

- **Soft Turkey Whole Grain Tacos** (1 serving, 25g Carbs, 2g Sugar)
- **Cilantro Lime Brown Rice** (0.5 cups, 24g Carbs, 1g Sugar)
- **Classic American Cheeseburger** (1 sandwich, 26g Carbs)
- **Marinated Chicken Caesar Salad** (1 serving, 8g Carbs, 3g Sugar)
- **Breadstick** (2 each, 30g Carbs, 6g Sugar)
- **SunButter, Veggies & Bread Fun Lunch** (1 each, 47g Carbs, 11g Sugar)

Sides for All Meals

- **Fresh Whole Apple Gala** (1 each, 16g Carbs, 12g Sugar)
- **Blueberries** (0.5 cups, 9g Carbs, 7g Sugar)
- **Fresh Orange Wedges** (4 wedge, 11g Carbs, 9g Sugar)
- **Fresh Grape Tomatoes** (0.5 cups, 3g Carbs, 2g Sugar)
- **Lettuce and Spinach Salad** (0.5 cups, 1g Carbs, 0g Sugar)
- **Seasoned Black Beans** (0.5 cups, 19g Carbs, 1g Sugar)

Milk & Condiments

- **Chocolate Fat Free Milk** (1 each, 24g Carbs, 22g Sugar)
- **1% Low-fat Milk** (1 each, 13g Carbs, 12g Sugar)

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Lunch

- **Mashed Potato & Chicken Bowl** (1 serving, 32g Carbs, 1g Sugar)
- **Dinner Roll** (1 each, 13g Carbs, 1g Sugar)
- **Chicken Nuggets** (5 each, 12g Carbs, 0g Sugar)
- **Whole Grain Dinner Roll** (1 each, 14g Carbs, 2g Sugar)
- **Mixed Greens Salad with Cheese** (1 each, 6g Carbs, 2g Sugar)
- **Breadstick** (2 each, 30g Carbs, 6g Sugar)
- **Italian Hoagie** (1 sandwich, 29g Carbs, 6g Sugar)

Sides for All Meals

- **Blueberries** (0.5 cups, 9g Carbs, 7g Sugar)
- **Fresh Orange Wedges** (4 wedge, 11g Carbs, 9g Sugar)
- **Fresh Banana** (1 each, 23g Carbs, 12g Sugar)
- **Peas and Carrots** (0.5 cups, 8g Carbs, 4g Sugar)
- **Corn** (0.5 cups, 16g Carbs, 3g Sugar)
- **Fresh Celery Sticks** (0.75 cups, 3g Carbs, 1g Sugar)

Milk & Condiments

- **Chocolate Fat Free Milk** (1 each, 24g Carbs, 22g Sugar)
- **1% Low-fat Milk** (1 each, 13g Carbs, 12g Sugar)

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Lunch

- **Classic Pepperoni Pizza** (1 piece, 33g Carbs, 8g Sugar)
- **Cheese Pizza** (1 piece, 33g Carbs, 8g Sugar)
- **Ham & Turkey Chef Salad** (1 each, 9g Carbs)
- **Breadstick** (2 each, 30g Carbs, 6g Sugar)
- **Ham & Cheese on a Bun** (1 sandwich, 29g Carbs, 5g Sugar)

Sides for All Meals

- **Fresh Whole Apple Gala** (1 each, 16g Carbs, 12g Sugar)
- **Fresh Orange Wedges** (4 wedge, 11g Carbs, 9g Sugar)
- **Pineapple Tidbits** (0.5 cups, 15g Carbs, 13g Sugar)
- **Fresh Grape Tomatoes** (0.5 cups, 3g Carbs, 2g Sugar)
- **Lettuce and Spinach Salad** (0.5 cups, 1g Carbs, 0g Sugar)
- **Fresh Carrots** (0.75 cups, 11g Carbs, 6g Sugar)

Milk & Condiments

- **Chocolate Fat Free Milk** (1 each, 24g Carbs, 22g Sugar)
- **1% Low-fat Milk** (1 each, 13g Carbs, 12g Sugar)

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Lunch

- **Savory Baked Stuffed Potato** (1 each, 53g Carbs, 5g Sugar)
- **Dinner Roll** (1 each, 14g Carbs, 2g Sugar)
- **Toasty Cheese Sandwich** (1 sandwich, 26g Carbs, 3g Sugar)
- **Turkey Taco Salad** (1 serving, 5g Carbs, 1g Sugar)
- **Tortilla Chips** (1.5 oz, 26g Carbs, 1g Sugar)
- **Turkey on a Whole Grain Bun** (1 sandwich, 27g Carbs, 4g Sugar)

Sides for All Meals

- **Fresh Whole Apple Gala** (1 each, 16g Carbs, 12g Sugar)
- **Blueberries** (0.5 cups, 9g Carbs, 7g Sugar)
- **Fresh Orange Wedges** (4 wedge, 11g Carbs, 9g Sugar)
- **Corn** (0.5 cups, 16g Carbs, 3g Sugar)
- **Green Beans** (0.5 cups, 5g Carbs, 1g Sugar)
- **Fresh Broccoli Florets** (0.75 cups, 4g Carbs, 1g Sugar)

Milk & Condiments

- **Chocolate Fat Free Milk** (1 each, 24g Carbs, 22g Sugar)
- **1% Low-fat Milk** (1 each, 13g Carbs, 12g Sugar)

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Lunch

- **Roasted Turkey with Gravy** (0.5 cups, 3g Carbs, 0g Sugar)
- **Dinner Roll** (1 each, 13g Carbs, 1g Sugar)
- **Crispy Chicken Patty Sandwich** (1 sandwich, 41g Carbs, 5g Sugar)
- **Buffalo Chicken Salad** (1 each, 10g Carbs, 3g Sugar)
- **Breadstick** (2 each, 30g Carbs, 6g Sugar)
- **Crispy Ranch Chicken Sandwich** (1 sandwich, 42g Carbs, 6g Sugar)

Sides for All Meals

- **Blueberries** (0.5 cups, 9g Carbs, 7g Sugar)
- **Fresh Orange Wedges** (4 wedge, 11g Carbs, 9g Sugar)
- **Fresh Banana** (1 each, 23g Carbs, 12g Sugar)
- **Fresh Grape Tomatoes** (0.5 cups, 3g Carbs, 2g Sugar)
- **Peas and Carrots** (0.5 cups, 8g Carbs, 4g Sugar)
- **Corn** (0.5 cups, 16g Carbs, 3g Sugar)

Milk & Condiments

- **Chocolate Fat Free Milk** (1 each, 24g Carbs, 22g Sugar)
- **1% Low-fat Milk** (1 each, 13g Carbs, 12g Sugar)

18

Lunch

- **Chicken Pasta Alfredo** (1 cups, 23g Carbs, 2g Sugar)
- **Dinner Roll** (1 each, 13g Carbs, 1g Sugar)
- **Classic American Cheeseburger** (1 sandwich, 26g Carbs)
- **Marinated Chicken Caesar Salad** (1 serving, 8g Carbs, 3g Sugar)
- **Breadstick** (2 each, 30g Carbs, 6g Sugar)
- **SunButter, Veggies & Bread Fun Lunch** (1 each, 47g Carbs, 11g Sugar)

Sides for All Meals

- **Kiwi Wedges** (6 wedge, 15g Carbs, 9g Sugar)
- **Fresh Orange** (1 each, 14g Carbs, 11g Sugar)
- **Chilled Diced Pears** (0.5 cups, 16g Carbs)
- **Fresh Broccoli Florets** (0.75 cups, 4g Carbs, 1g Sugar)
- **Fresh Carrots** (0.5 cups, 7g Carbs, 4g Sugar)
- **Romaine Lettuce** (1 cups, 2g Carbs, 1g Sugar)

Milk & Condiments

- **1% Low-fat Milk** (1 each, 13g Carbs, 12g Sugar)
- **Chocolate Fat Free Milk** (1 each, 24g Carbs, 22g Sugar)

19

Lunch

- **Beef, Bean, and Cheese Burrito** (1 serving, 37g Carbs, 5g Sugar)
- **Chicken Nuggets** (5 each, 12g Carbs, 0g Sugar)
- **Whole Grain Dinner Roll** (1 each, 14g Carbs, 2g Sugar)
- **Mixed Greens Salad with Cheese** (1 each, 6g Carbs, 2g Sugar)
- **Breadstick** (2 each, 30g Carbs, 6g Sugar)
- **Italian Hoagie** (1 sandwich, 29g Carbs, 6g Sugar)

Sides for All Meals

- **Fresh Granny Smith Apple** (1 each, 20g Carbs, 14g Sugar)
- **Fresh Orange Wedges** (4 wedge, 11g Carbs, 9g Sugar)
- **Blueberries** (0.5 cups, 9g Carbs, 7g Sugar)
- **Fresh Grape Tomatoes** (0.75 cups, 4g Carbs, 3g Sugar)
- **Corn & Black Bean Salad** (0.5 cups, 17g Carbs, 2g Sugar)
- **Romaine Lettuce** (1 cups, 2g Carbs, 1g Sugar)

Milk & Condiments

- **1% Low-fat Milk** (1 each, 13g Carbs, 12g Sugar)
- **Chocolate Fat Free Milk** (1 each, 24g Carbs, 22g Sugar)

20

Lunch

- **Classic Pepperoni Pizza** (1 piece, 33g Carbs, 8g Sugar)
- **Cheese Pizza** (1 piece, 33g Carbs, 8g Sugar)
- **Ham & Turkey Chef Salad** (1 each, 9g Carbs)
- **Breadstick** (2 each, 30g Carbs, 6g Sugar)
- **Ham & Cheese on a Bun** (1 sandwich, 29g Carbs, 5g Sugar)

Sides for All Meals

- **Banana and Strawberries** (0.5 cups, 19g Carbs, 10g Sugar)
- **Cinnamon Applesauce** (0.5 cups, 14g Carbs, 11g Sugar)
- **Fresh Red Seedless Grapes** (0.5 cups, 14g Carbs, 12g Sugar)
- **Fresh Broccoli Florets** (0.75 cups, 4g Carbs, 1g Sugar)
- **Fresh Carrots** (0.5 cups, 7g Carbs, 4g Sugar)
- **Romaine Lettuce** (1 cups, 2g Carbs, 1g Sugar)

Milk & Condiments

- **1% Low-fat Milk** (1 each, 13g Carbs, 12g Sugar)
- **Chocolate Fat Free Milk** (1 each, 24g Carbs, 22g Sugar)

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Lunch

- **BBQ Rib-B-Q Sandwich** (1 sandwich, 42g Carbs, 13g Sugar)
- **Toasty Cheese Sandwich** (1 sandwich, 26g Carbs, 3g Sugar)
- **Turkey Taco Salad** (1 serving, 5g Carbs, 1g Sugar)
- **Tortilla Chips** (1.5 oz, 26g Carbs, 1g Sugar)
- **Turkey on a Whole Grain Bun** (1 sandwich, 27g Carbs, 4g Sugar)

Sides for All Meals

- **Kiwi Wedges** (6 wedge, 15g Carbs, 9g Sugar)
- **Fresh Orange** (1 each, 14g Carbs, 11g Sugar)
- **Chilled Diced Pears** (0.5 cups, 16g Carbs)
- **Fresh Grape Tomatoes** (0.75 cups, 4g Carbs, 3g Sugar)
- **Corn & Black Bean Salad** (0.5 cups, 17g Carbs, 2g Sugar)
- **Romaine Lettuce** (1 cups, 2g Carbs, 1g Sugar)

Milk & Condiments

- **1% Low-fat Milk** (1 each, 13g Carbs, 12g Sugar)
- **Chocolate Fat Free Milk** (1 each, 24g Carbs, 22g Sugar)

22

Lunch

- **Sweet & Sour Meatballs** (4 each, 14g Carbs, 8g Sugar)
- **Brown Rice** (0.5 cups, 22g Carbs, 0g Sugar)
- **Crispy Chicken Patty Sandwich** (1 sandwich, 41g Carbs, 5g Sugar)
- **Buffalo Chicken Salad** (1 each, 10g Carbs, 3g Sugar)
- **Breadstick** (2 each, 30g Carbs, 6g Sugar)
- **Crispy Ranch Chicken Sandwich** (1 sandwich, 42g Carbs, 6g Sugar)

Sides for All Meals

- **Banana and Strawberries** (0.5 cups, 19g Carbs, 10g Sugar)
- **Cinnamon Applesauce** (0.5 cups, 14g Carbs, 11g Sugar)
- **Fresh Red Seedless Grapes** (0.5 cups, 14g Carbs, 12g Sugar)
- **Fresh Broccoli Florets** (0.75 cups, 4g Carbs, 1g Sugar)
- **Fresh Carrots** (0.5 cups, 7g Carbs, 4g Sugar)
- **Romaine Lettuce** (1 cups, 2g Carbs, 1g Sugar)

Milk & Condiments

- **1% Low-fat Milk** (1 each, 13g Carbs, 12g Sugar)
- **Chocolate Fat Free Milk** (1 each, 24g Carbs, 22g Sugar)

25

Lunch

- **Chili Cheese Dog** (1 sandwich, 31g Carbs, 6g Sugar)
- **Classic American Cheeseburger** (1 sandwich, 26g Carbs)
- **Marinated Chicken Caesar Salad** (1 serving, 8g Carbs, 3g Sugar)
- Breadstick (2 each, 30g Carbs, 6g Sugar)
- **SunButter, Veggies & Bread Fun Lunch** (1 each, 47g Carbs, 11g Sugar)

Sides for All Meals

- Fresh Granny Smith Apple (1 each, 20g Carbs, 14g Sugar)
- Fresh Banana (1 each, 23g Carbs, 12g Sugar)
- Blueberries (0.5 cups, 9g Carbs, 7g Sugar)
- Romaine Lettuce (1 cups, 2g Carbs, 1g Sugar)
- Edamame (0.5 cups, 8g Carbs, 2g Sugar)
- Fresh Carrots (0.5 cups, 7g Carbs, 4g Sugar)

Milk & Condiments

- 1% Low-fat Milk (1 each, 13g Carbs, 12g Sugar)
- Chocolate Fat Free Milk (1 each, 24g Carbs, 22g Sugar)

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Lunch

- **Italian Meat Spaghetti Sauce** (0.5 cups, 7g Carbs, 5g Sugar)
- Rotini Pasta (0.5 cups, 17g Carbs, 0g Sugar)
- Breadstick (1 each, 14g Carbs, 1g Sugar)
- **Chicken Nuggets** (5 each, 12g Carbs, 0g Sugar)
- Whole Grain Dinner Roll (1 each, 14g Carbs, 2g Sugar)
- **Mixed Greens Salad with Cheese** (1 each, 6g Carbs, 2g Sugar)

- Breadstick (2 each, 30g Carbs, 6g Sugar)

- **Italian Hoagie** (1 sandwich, 29g Carbs, 6g Sugar)

Sides for All Meals

- Fresh Plum (1 each, 7g Carbs, 6g Sugar)
- Fresh Orange Wedges (4 wedge, 11g Carbs, 9g Sugar)
- Chilled Diced Pears (0.5 cups, 16g Carbs)
- Sliced Cucumbers (0.25 cups, 1g Carbs, 0g Sugar)
- Fresh Celery Sticks (0.75 cups, 3g Carbs, 1g Sugar)
- Fresh Carrots (0.5 cups, 7g Carbs, 4g Sugar)

Milk & Condiments

- 1% Low-fat Milk (1 each, 13g Carbs, 12g Sugar)
- Chocolate Fat Free Milk (1 each, 24g Carbs, 22g Sugar)

27

Lunch

- **Classic Pepperoni Pizza** (1 piece, 33g Carbs, 8g Sugar)
- **Cheese Pizza** (1 piece, 33g Carbs, 8g Sugar)
- **Ham & Turkey Chef Salad** (1 each, 9g Carbs)
- Breadstick (2 each, 30g Carbs, 6g Sugar)
- **Ham & Cheese on a Bun** (1 sandwich, 29g Carbs, 5g Sugar)

Sides for All Meals

- Blueberries (0.5 cups, 9g Carbs, 7g Sugar)
- Fresh Granny Smith Apple (1 each, 20g Carbs, 14g Sugar)
- Pineapple Tidbits (0.5 cups, 15g Carbs, 13g Sugar)
- Romaine Lettuce (1 cups, 2g Carbs, 1g Sugar)
- Edamame (0.5 cups, 8g Carbs, 2g Sugar)
- Fresh Carrots (0.5 cups, 7g Carbs, 4g Sugar)

Milk & Condiments

- 1% Low-fat Milk (1 each, 13g Carbs, 12g Sugar)
- Chocolate Fat Free Milk (1 each, 24g Carbs, 22g Sugar)

28

Lunch

- **General Tso Chicken Stir Fry** (1 cups, 9g Carbs, 4g Sugar)
- Yakisoba Noodles (4.12 oz, 40g Carbs, 0g Sugar)
- **Toasty Cheese Sandwich** (1 sandwich, 26g Carbs, 3g Sugar)
- **Turkey Taco Salad** (1 serving, 5g Carbs, 1g Sugar)
- Tortilla Chips (1.5 oz, 26g Carbs, 1g Sugar)
- **Turkey on a Whole Grain Bun** (1 sandwich, 27g Carbs, 4g Sugar)

Sides for All Meals

- Fresh Granny Smith Apple (1 each, 20g Carbs, 14g Sugar)
- Fresh Banana (1 each, 23g Carbs, 12g Sugar)
- Blueberries (0.5 cups, 9g Carbs, 7g Sugar)
- Fresh Celery Sticks (0.75 cups, 3g Carbs, 1g Sugar)
- Fresh Carrots (0.5 cups, 7g Carbs, 4g Sugar)
- Corn & Pepper Salad (0.5 cups, 12g Carbs, 3g Sugar)
- Lettuce and Spinach Salad (0.5 cups, 1g Carbs, 0g Sugar)

Milk & Condiments

- 1% Low-fat Milk (1 each, 13g Carbs, 12g Sugar)
- Chocolate Fat Free Milk (1 each, 24g Carbs, 22g Sugar)

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Inservice

Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

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