



## DAILY BREAKFAST MENU



Sausage (pork) Biscuit Sandwich  
Bagel & Cream Cheese

Yogurt Parfait with Fruit and Granola  
Assorted Cereals



The food that we eat transforms into energy and building blocks for our bodies  
The better the food, the better the energy



## LUNCH MENU

### create

### grilled

|            |          |  |
|------------|----------|--|
| <b>MON</b> | Sept 2:  | No Meal Service Today  |
|            | Sept 9:  | Orange Chicken or Tofu with Rice                               |
|            | Sept 16: | Teriyaki Chicken or Tofu with Rice                             |
|            | Sept 23: | Orange Chicken or Tofu with Rice                               |
|            | Sept 30: | Teriyaki Chicken or Tofu with Rice                             |
| <b>TUE</b> | Sept 3:  | BBQ Chicken Sandwich & Baked French Fries                      |
|            | Sept 10: | Burrito (beef & beans or bean & cheese), Rice & Tortilla Chips |
|            | Sept 17: | BBQ Riblet (pork) Sandwich & Baked French Fries                |
|            | Sept 24: | BBQ Chicken Sandwich & Baked French Fries                      |
| <b>WED</b> | Sept 4:  | Macaroni and Cheese with Pulled Pork                           |
|            | Sept 11: | Broccoli and Beef with Rice                                    |
|            | Sept 18: | Macaroni and Cheese with Pulled Pork                           |
|            | Sept 25: | Mongolian Beef with Rice                                       |
| <b>THU</b> | Sept 5:  | Cheeseburger & Baked French Fries                              |
|            | Sept 12: | Chicken Tenders & Waffles                                      |
|            | Sept 19: | Meatloaf Sub & Baked French Fries                              |
|            | Sept 26: | BBQ Chicken Burger & Baked French Fries                        |
| <b>FRI</b> | Sept 6:  | Alfredo with Penne Pasta & Breadstick                          |
|            | Sept 13: | Baked Ziti & Breadstick  |
|            | Sept 20: | Marinara with Penne Pasta & Breadstick                         |
|            | Sept 27: | Baked Ziti & Breadstick  |

Crispy Chicken Sandwich  
Nashville Spicy Chicken Sandwich  
Chicken Taquitos  
Golden Chicken Tenders  
Chicken Corndog

### SO DELI

Made to Order  
Sandwiches, Salad, & Wraps



Cheese Pizza  
or Pepperoni Pizza

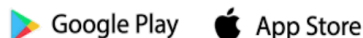


Deli Sandwiches  
Market Fresh Salads  
House-Made Hummus  
with Flatbread & Veggies

ONLINE PAYMENT SYSTEM



To add funds to your student's meal account, go to [schoolcafe.com](http://schoolcafe.com)  
or send cash or a check to school with your student



All menu items are subject to change depending on product availability.  
Questions or Comments? Call NCSD Nutrition Services at (503) 235-3138 Ext. #1249

