

ELEMENTARY/MIDDLE BREAKFAST

OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Sandwich w/ Egg or Sausage	Baked Blueberry Oatmeal	Breakfast Burrito	French Toast Casserole	Bagel w/ Cream Cheese

Selection of whole grain cereal, fruit and yogurt smoothies, whole wheat muffins, fresh fruit, and milk offered daily
School meals are now free for all students!

Our menu is subject to change. Keep this in mind when reviewing our printed and online menus.
This institution is an equal opportunity provider.



ELEMENTARY/MIDDLE LUNCH

OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
Hamburger or Cheeseburger & Potato Wedges	1 Chicken or Cheese Tamales Rice & Beans	2 Cheese, Pepperoni, or Hawaiian Pizza	3 Teriyaki Chicken w/ Umi Organics Yakisoba & Steamed Veggies	4 Chicken Strips w/ Whole Wheat Dinner Roll & Corn
7 Macaroni and Cheese & Green Peas	8 Quesadilla w/ Chicken or Cheese & Refried Beans	9 Cheese, Pepperoni, or Hawaiian Pizza	10 Chicken Drumstick w/ Whole Wheat Roll & Mashed Potatoes	11 Grilled Cheese Sandwich & Tomato Soup
14 Italian Meatball Sandwich & Green Beans	15 Pork Burrito & Refried Beans	16 Cheese, Pepperoni, or Hawaiian Pizza	17 Rotini Mozzarella Pasta Bake & Garbanzo Bean Salad	18 Hamburger or Cheeseburger & Tater Tots
21 Chicken Sandwich & Sweet Potato Waffle Fries	22 Nachos & Black Beans	23 Cheese, Pepperoni, or Hawaiian Pizza	24 Popcorn Chicken w/ Whole Wheat Breadstick & Mashed Potatoes	25 Teriyaki Chicken w/ Umi Organics Yakisoba & Steamed Veggies
28 NO SCHOOL	29 Pork Carnitas Tacos w/ Mexican Rice & Beans	30 Cheese, Pepperoni, or Hawaiian Pizza	31 Orange Chicken w/ Brown Rice & Green Peas	Spaghetti w/ Meat Sauce & Roasted Broccoli

Daily offerings: fresh fruit, salad bar, deli sandwiches, Tre-Fin tuna sandwiches, peanut butter & Oregon Growers jam sandwiches, and milk

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Second Lunch \$3.00

Second Entree \$2.00

Milk \$0.50

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