

BREAKFAST MENU

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------------|---|--|---|-----------------------|
| Egg & Cheese Scramble with Toast WG | French Toast WG Sausage (Turkey) Links | Sausage (turkey) Breakfast Pizza WG | Ham (pork), Egg & Cheese Scramble with Toast WG | Pancake WG with Syrup |

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 Tenders WG | Super Nachos (chicken) WG | Cheese Pizza or Pepperoni (turkey) Pizza | Crispy Chicken Sandwich WG | Mozzarella Sticks WG Marinara Dipping Sauce |

LUNCH MENU - CHOICE TWO

| | 1 | 2 | National Smile Day 3 | 4 |
|--|---|---|--|------------------------------------|
| | Quesadilla (Vegetarian) Seasoned Black Beans | Teriyaki Chicken & Rice WG Green Beans | Ham (pork) & Cheese Hoagie Sandwich WG Smile French Fries | Cheeseburger WG Steamed Carrots |
| 7 | 8 | 9 | 10 | 11 |
| Mac & Cheese (Vegetarian) WG Roasted Broccoli | Baja Bean Burrito (vegetarian) | Sweet & Sour Chicken & Rice WG Green Beans | Pretzel WG & Cheese Dipping Sauce (vegetarian) Baked Tater Tots | School not in session |



| | | | | |
|--|--|--|--|--|
| 14 | 15 | 16 | 17 | 18 |
| Chicken Alfredo WG Roasted Broccoli | Soft Taco (chicken) Seasoned Black Beans | Mandarin Orange Chicken & Rice WG Green Beans | Baked Drumstick (Chicken) WG Seasoned Corn | Waffles & Sausage (turkey) with Syrup Steamed Carrots |
| 21 | 22 | 23 | 24 | 25 |
| Baked Ziti WG (Vegetarian) Roasted Broccoli | Cheesy Taquito (chicken) Seasoned Pinto Beans | Teriyaki Chicken & Rice WG Green Beans | Frito Chili (vegetarian) Bowl WG Baked French Fries | Corn Dog (turkey) WG Steamed Carrots |
| 28 | 29 | 30 | 31 | |
| Chicken Alfredo WG Roasted Broccoli | Quesadilla (Vegetarian) Seasoned Black Beans | Sweet & Sour Chicken & Rice WG Green Beans | Turkey & Gravy Mashed Potatoes Seasoned Corn Dinner Roll WG | |

The Community Eligibility Provision (CEP) is a non-pricing meal service option for schools. All schools in the North Clackamas School District qualify for CEP (Meals at no charge to students) for the 2024-2025 school year. 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.

This institution is an equal opportunity provider.

| 2024-2025 Meal Prices | Meal at Breakfast | Meal at Lunch | Milk Only |
|-----------------------|-------------------|---------------|-----------|
| Students | \$0.00 | \$0.00 | 50¢ |
| Adult Meal | \$3.10 | \$4.90 | 50¢ |



Feeling **CONFIDENT** means that you are feeling positive like things will go well during the day. Some confident foods are pumpkin, carrots, popcorn, yogurt, cabbage, or avocado.

FEED YOUR MOOD.





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 OCTOBER IS CONFIDENT!

Eating foods like:

- carrots
- pumpkin
- yogurt
- melon
- kiwi
- popcorn
- peas
- cabbage
- halibut

keep me confident!



find the words from
this list in the puzzle

**WORD
FINDER**

PUZZLE

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| P | O | P | C | O | R | N | O | Y |
| U | P | E | A | S | I | A | P | O |
| M | O | K | R | A | L | M | E | G |
| P | L | I | R | I | P | E | N | U |
| K | O | W | O | L | O | L | O | R |
| I | S | W | T | U | V | O | U | T |
| N | A | E | S | B | A | N | C | A |
| I | C | H | A | L | I | B | U | T |
| C | A | B | B | A | G | E | B | O |

**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"
OR SCAN THE QR CODE



 **SCAN
ME**