

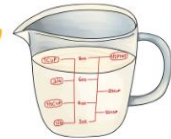
### BREAKFAST MENU

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 with Syrup	Sausage (turkey) Breakfast Pizza WG	Pancake WG Cinnamon Honey Topping	Ham (pork), Egg & Cheese Breakfast Burrito WG



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 Tenders WG	Super Nachos (beef) WG	Cheese Pizza or Pepperoni (beef/pork) Pizza	Crispy Chicken Sandwich WG	Mozzarella Sticks WG Marinara Dipping Sauce

### LUNCH MENU - CHOICE TWO

				1 School not in session
4 School not in session	5 Bean & Cheese Burrito WG (vegetarian)	6 Sweet & Sour Chicken & Rice WG Green Beans	7 Ryan's Grilled Cheese Sandwich WG Campbell's Tomato Soup	8 Chicken & Waffles WG with Syrup Steamed Carrots
11 School not in session	12 Soft Taco (chicken) WG Seasoned Black Beans	13 Mandarin Orange Chicken & Rice WG Green Beans	14 Pretzel WG & Cheese Dipping Sauce (vegetarian) Steamed Carrots	15 Italian Meatball (beef) Sub Sandwich WG Baked Tater Tots
18 Spaghetti WG with Meatballs (beef) Roasted Broccoli	19 Quesadilla (vegetarian) WG Seasoned Pinto Beans	20 Teriyaki Chicken & Rice WG Green Beans	21 Turkey & Gravy Mashed Potatoes Dinner Roll WG ♥Snickerdoodle Cookie WG	22 School not in session
25	26	27	28	29
FALL BREAK - School not in session				

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 NCSN Nutrition Services at (503) 353-6068.

This institution is an equal opportunity provider.



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.



HAPPY

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¢



# MOOD BOOST

FEED  
YOUR  
MOOD.

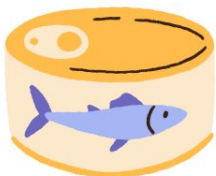
IT'S WELL KNOWN THAT FOOD AFFECTS PHYSICAL WELL-BEING. NOW, NEW EVIDENCE FINDS THAT FOOD ALSO AFFECTS MOOD AND MENTAL WELL-BEING. NORTH CLACKAMAS SCHOOL DISTRICT AND ITS NUTRITION SERVICE PARTNER, CHARTWELLS K12, WANT EVERY STUDENT TO LEAVE THE CAFETERIA HAPPIER AND HEALTHIER THAN THEY CAME. WE INTRODUCE 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](http://NCLACK.K12.OR.US)  
& CLICK ON "CAREERS"

