

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 Yogurt & Honey Topping	Ham (pork), Egg & Cheese Breakfast Burrito WG



FEED YOUR MOOD.

Did you know that some fruits, veggies and proteins like pumpkins, cranberries, chicken, or beets help keep your muscles ready to go!



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	Baja Bean Nachos (Vegetarian) WG	Cheese Pizza or Pepperoni (beef/pork) Pizza	Crispy Chicken Sandwich WG	Mozzarella Sticks WG Marinara Dipping Sauce

LUNCH MENU - CHOICE TWO

2 Mac & Cheese WG Roasted Broccoli	3 Chicken & Cheese Burrito WG Seasoned Corn	National Cookie Day 4 Sweet & Sour Chicken & Rice WG Green Beans Sugar Cookie	5 Grilled Cheese Sandwich WG Campbell's Tomato Soup	6 Sausage (turkey) & Pancake on a stick WG Steamed Carrots
9 Chicken Alfredo WG Roasted Broccoli	10 Soft Taco (chicken) Seasoned Corn	11 Mandarin Orange Chicken & Rice WG Green Beans	12 Pretzel WG & Cheese Dipping Sauce (vegetarian) Steamed Carrots	13 Italian Meatball (beef) Sub Sandwich WG Baked Tater Tots
16 Spaghetti WG with Meatballs (beef) Roasted Broccoli	17 Chicken Quesadilla WG Seasoned Corn	18 Teriyaki Chicken & Rice WG Green Beans	19 Corn Dog (turkey) WG Baked Tater Tots	20 Turkey & Gravy Mashed Potatoes Dinner Roll WG Seasoned Carrots
23	24	25	26	27
* WINTER BREAK - School not in session *				
30	31			

* WINTER BREAK - School not in session *

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¢



Ever wonder what the difference is between and herb and a spice?

Spices come from a plant's seeds, bark, berries, or fruit, and herbs come from the green leaves. Herbs can be used fresh or dried. Dried herbs offer a stronger flavor, so use 1/3 of dried herbs when replacing fresh herbs in a recipe.



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.



MOOD BOOST

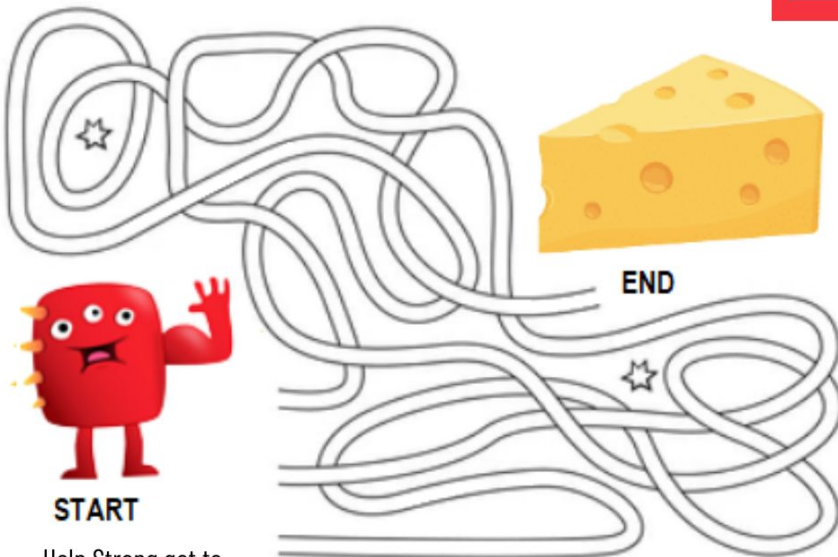
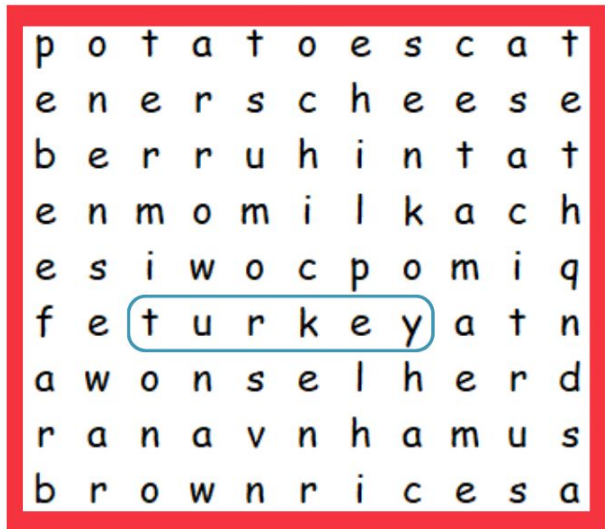
FEED YOUR MOOD

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 DECEMBER IS STRONG!



Find these words in the below word finder:

- beef
- chicken
- ~~turkey~~
- cheese
- milk
- brown rice
- potatoes
- citrus



Help Strong get to the cheese.

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"