

**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	Banana & Sunbutter Wrap WG	Ham (pork), Egg & Cheese Breakfast Burrito WG

**SMART SNACKING**

Place different herb and spice blends like Italian seasoning, garlic powder, or chili powder into individual plastic bags with your favorite pre-popped plain popcorn. Shake and enjoy a delicious whole-grain snack without needing a microwave or stove.



**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 (vegetarian) WG Marinara Dipping Sauce

**LUNCH MENU - CHOICE TWO**

3 Mac & Cheese (vegetarian) Roasted Broccoli	4 Cheesy Taquito (chicken) WG Seasoned Pinto Beans	5 Sweet & Sour Chicken & Rice WG Green Beans	6 Chili Cheese Fries Bowl (vegetarian) WG	7 Chicken & Waffles WG with Syrup Steamed Carrots
10 Spaghetti WG with Meatballs (beef) Roasted Broccoli	11 Soft Taco (chicken) Seasoned Black Beans	12 Mandarin Orange Chicken & Rice WG Green Beans	13 Baja Beef Bowl WG Steamed Carrots	14 Grilled Cheese Sandwich (vegetarian) WG Baked Tater Tots Sugar Cookie
17 President's Day School not in session	18 Quesadilla (vegetarian) WG Seasoned Pinto Beans	19 Sweet Garlic Chicken & Rice WG Green Beans	20 Popcorn Chicken & Mashed Potato Bowl WG Steamed Carrots	21 Pretzel WG & Cheese Dipping Sauce (vegetarian) Potato Wedges
24 School not in session	25 Bean & Cheese Burrito WG (vegetarian)	26 Sweet & Sour Chicken & Rice WG Green Beans	27 Chili Frito Bowl (vegetarian) WG Steamed Carrots	28 Baked Drumstick (Chicken) WG Garlic Potato Wedges



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.



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¢



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 NCSD 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 JANUARY IS HAPPY!

Eating foods like: Halibut, Tuna, Popcorn, Mushrooms, Avocados, Brown Rice, Blackberries, & Milk, help me be happy.

## WORD FINDER PUZZLE

- |          |            |                 |
|----------|------------|-----------------|
| Avocado  | Blackberry | Milk            |
| Mushroom | Popcorn    | Potato          |
| Rice     | Tomato     | <del>Tuna</del> |



B	L	A	C	K	B	E	R	R	Y
A	C	D	O	T	I	L	E	I	A
M	R	A	D	E	T	U	R	C	M
I	P	O	T	A	T	O	M	E	U
L	A	M	O	V	A	H	A	T	S
K	M	U	T	O	M	A	T	O	H
O	E	Q	M	C	E	C	H	A	R
R	<b>T</b>	<b>U</b>	<b>N</b>	<b>A</b>	A	W	E	S	O
X	P	A	N	D	E	B	R	T	O
P	O	P	C	O	R	N	A	R	M

**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"


