

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
French Toast WG with Syrup	Chilaquiles WG Breakfast Nachos	Banana Sunbutter Wrap WG	Sausage (turkey) Breakfast Pizza WG	Banana Muffin WG



Fight Food Waste at home with these three easy tricks!



Consume perishable items, such as fresh fruits and vegetables, before they spoil.



Save your leftovers and enjoy them in a future meal.



Only take what you can eat on your plate to prevent it from being wasted.

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	Grilled Cheese (vegetarian) WG	Cheese or Pepperoni (beef/pork) Pizza WG	Crispy Chicken Sandwich WG with Lava Sauce	Mozzarella Sticks WG Marinara Dipping Sauce

LUNCH MENU - CHOICE TWO

1	2	3	4
Cheesy Taquito (chicken) WG Seasoned Pinto Beans	Sweet & Sour Chicken & Rice WG Green Beans	NATIONAL CARROT DAY Spaghetti WG & Meatballs (beef) Steamed Carrots	Corn Dog (chicken) WG Tater Tots
7 Mac & Cheese (vegetarian) WG Roasted Broccoli	8 Super Nachos (beef) WG Seasoned Black Beans	9 Mandarin Orange Chicken & Rice WG Green Beans	10 Turkey & Cheese Sliders WG Steamed Carrots
11 School not in Session	14 School not in Session	15 Soft Taco (chicken) WG Seasoned Pinto Beans	16 Teriyaki Chicken & Rice WG Green Beans
17 Baja Beef Bowl WG Steamed Carrots	18 Hot Ham (pork) & Cheese Sandwich (pork) WG Crinkle Fries	21 Chicken Alfredo WG Roasted Broccoli	22 Super Nachos (beef) WG
23 Sweet & Sour Chicken & Rice WG Green Beans	24 Chicken WG & Waffles With Syrup Steamed Carrots	25 Italian Meatball (beef) Sub Sandwich WG Baked Tater Tots	28 Baked Ziti (vegetarian) WG Roasted Broccoli
29 Enchilada (beef) WG Seasoned Black Beans	30 Mandarin Orange Chicken & Rice WG Green Beans	Questions or comments? Call NCSD Nutrition Services at (503) 353-6068. WG = Whole Grain. This institution is an equal opportunity provider. All menu items are subject to change depending on product availability.	



Plant Power



People often think that animal foods provide the best source of protein, but there are plenty of plants packed with protein as well. A cup of edamame or lentils contains more protein than a glass of milk or a serving of chicken.

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.



plant power



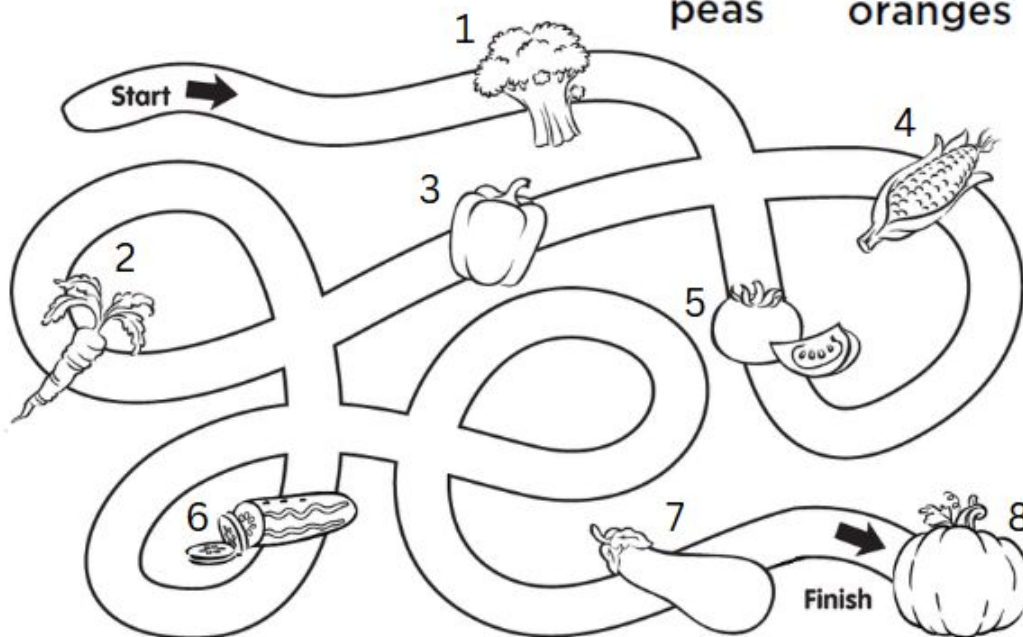
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Add plant power to your favorite meals! Top your morning cereal with sliced fruit. Add vegetables to a sandwich, such as tomato, cucumber, or avocado.



- carrot
- apple
- peas
- onion
- grape
- oranges
- broccoli
- tomato
- pear
- strawberries



NAME THAT VEGETABLE MAZE

Can you find your way through the maze? Name each vegetable as you go!

1 Broccoli, 2 Carrot, 3 Pepper, 4 Corn, 5 Tomato, 6 Cucumber, 7 Eggplant 9 Pumpkin