

SUMMER MEALS

**FREE BREAKFAST & LUNCH
FOR ALL KIDS 1 - 18
ADULT MEALS: \$5.00**

**ALL MEALS INCLUDED FRESH
FRUIT, VEGGIES, AND MILK**

**Join us for breakfast and lunch at
MID VALLEY ELEMENTARY
or at one of our
MOBILE MEAL PICK UP SITES**

CASCADE LOCKS

Cascade Locks School [8:00-8:10 AM]
Ruckel & Taylor St [8:20-8:30 AM]
NW Clark St [8:40-8:50 AM]
Forest Ln & Shahala St [9:00-9:10 AM]

HOOD RIVER

Hood River Crossing [9:40-9:50 AM]
One Community Health [10:30-10:45 AM]
Westside Elementary [11:00-11:15 AM]
Jackson Park [11:25-11:40 AM]
Hope Ave [11:50-12:00 PM]
May Street Elementary Cafeteria [11:00-12:30 PM]

UPPER VALLEY

Odell Community Park [10:05-10:20 AM]
Pine Grove School [10:30-10:40 AM]
Mt Hood Store [10:50-11:05 AM]
Parkdale Elementary [11:20-11:35 AM]

Mid Valley Elementary School

Breakfast [7:30AM-8:00 AM]
Lunch [10:30 AM-12:30 PM]

The mobile route schedule may change.
For the most up-to-date locations and times,
check our website
www.hoodriver.k12.or.us/nutritionservices

M

T

W

T

F

JUNE

30
MID VALLEY
Same as mobile this week
MOBILE ROUTE
Italian Sub w/ Chips

1
MID VALLEY
Same as mobile this week
MOBILE ROUTE
Mozzarella Breadstick
w/ Marinara

2
MID VALLEY
Same as mobile this week
MOBILE ROUTE
Bagel w/ Cream Cheese
Snack Box

3
MID VALLEY
Same as mobile this week
MOBILE ROUTE
Bean & Cheese Pupusa

4
ALL SITES CLOSED
Happy 4th of July!

7
MID VALLEY
Cheeseburger
MOBILE ROUTE
Turkey & Cheese Bagel

8
MID VALLEY
Spaghetti w/ Meat Sauce
MOBILE ROUTE
Bean & Cheese Burrito

9
MID VALLEY
Pizza
MOBILE ROUTE
Flatbread Pizza
Snack Box

10
MID VALLEY
Grilled Cheese
MOBILE ROUTE
Green Chile & Cheese
Tamale

11
MID VALLEY
Chicken Quesadilla
MOBILE ROUTE
Mediterranean Pasta
Salad w/ Chicken

14
MID VALLEY
Hot Dog on Wheat Bun
MOBILE ROUTE
Italian Sub w/ Chips

15
MID VALLEY
Macaroni & Cheese
MOBILE ROUTE
Mozzarella Breadstick
w/ Marinara

16
MID VALLEY
Pizza
MOBILE ROUTE
Bagel w/ Cream Cheese
Snack Box

17
MID VALLEY
Chicken Drumstick
MOBILE ROUTE
Bean & Cheese Pupusa

18
MID VALLEY
Beef & Bean Nachos
MOBILE ROUTE
Pretzel w/ Cheese
Snack Box

JULY

21
MID VALLEY
Cheeseburger
MOBILE ROUTE
Turkey & Cheese Bagel

22
MID VALLEY
Spaghetti w/ Meat Sauce
MOBILE ROUTE
Bean & Cheese Burrito

23
MID VALLEY
Pizza
MOBILE ROUTE
Flatbread Pizza
Snack Box

24
MID VALLEY
Grilled Cheese
MOBILE ROUTE
Green Chile & Cheese
Tamale

25
MID VALLEY
Chicken Quesadilla
MOBILE ROUTE
Mediterranean Pasta
Salad w/ Chicken

28
MID VALLEY
Same as mobile this week
MOBILE ROUTE
Italian Sub w/ Chips

29
MID VALLEY
Same as mobile this week
MOBILE ROUTE
Mozzarella Breadstick
w/ Marinara

30
MID VALLEY
Same as mobile this week
MOBILE ROUTE
Bagel w/ Cream Cheese
Snack Box

31
MID VALLEY
Same as mobile this week
MOBILE ROUTE
Bean & Cheese Pupusa

1
MID VALLEY
Same as mobile this week
MOBILE ROUTE
Pretzel w/ Cheese
Snack Box

AUGUST

4
MID VALLEY
Cheeseburger
MOBILE ROUTE
Turkey & Cheese Bagel

5
MID VALLEY
Spaghetti w/ Meat Sauce
MOBILE ROUTE
Bean & Cheese Burrito

6
MID VALLEY
Pizza
MOBILE ROUTE
Flatbread Pizza
Snack Box

7
MID VALLEY
Grilled Cheese
MOBILE ROUTE
Green Chile & Cheese
Tamale

8
MID VALLEY
Chicken Quesadilla
MOBILE ROUTE
Mediterranean Pasta
Salad w/ Chicken

11
MID VALLEY
Hot Dog on Wheat Bun
MOBILE ROUTE
Italian Sub w/ Chips

12
MID VALLEY
Macaroni & Cheese
MOBILE ROUTE
Mozzarella Breadstick
w/ Marinara

13
MID VALLEY
Pizza
MOBILE ROUTE
Bagel w/ Cream Cheese
Snack Box

14
MID VALLEY
Chicken Drumstick
MOBILE ROUTE
Bean & Cheese Pupusa

15
MID VALLEY
Beef & Bean Nachos
MOBILE ROUTE
Pretzel w/ Cheese
Snack Box

Vegetarian meal alternative offered daily.

**We proudly source local fruit, vegetables, grains, and meat when possible.
This institution in an equal opportunity provider.**

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BREAKFAST MENU MID VALLEY ELEMENTARY

M

Berry Yogurt Parfait w/
Granola
Fresh Fruit
Milk

T

Sausage Breakfast
Sandwich
Fresh Fruit
Milk

W

Whole Wheat Muffin
Smoothie
Fresh Fruit
Milk

T

Breakfast Burrito
Hashbrown
Fresh Fruit
Milk

F

Bagel w/ Cream Cheese
Fresh Fruit
Milk

Whole grain and gluten-free cereal choices offered daily

BREAKFAST MENU MOBILE MEAL ROUTE

M

Whole Wheat Muffin
Fresh Fruit
Juice
Milk

T

Blueberry Pancake
Fresh Fruit
Juice
Milk

W

Banana Break
Fresh Fruit
Juice
Milk

T

Breakfast Granola Round
Fresh Fruit
Juice
Milk

F

Cereal
Fresh Fruit
Juice
Milk

Breakfast for the following day will be provided at the lunch pick up time on the mobile meal route.

This institution in an equal opportunity provider.