

MIDDLE SCHOOL BREAKFAST

SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Sandwich w/ Egg or Sausage	Whole Wheat Waffle w/ Sausage	Breakfast Burrito	Yogurt Parfait w/ Whole Grain Muffin	Breakfast Sandwich w/ Egg or Sausage

Selection of whole grain cereal, fruit smoothies, fresh fruit, and milk offered daily.

School meals are free for all students!

Second Breakfast \$3.50

Second Entree \$2.00

Milk \$0.50



**You can now view
online menus with
ingredients and nutrition
information here!**



Our menu is subject to change. Please keep this in mind when reviewing our printed and online menus.

This institution is an equal opportunity provider.

MIDDLE SCHOOL LUNCH

SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
31 Chicken Sandwich & Tator Tots	1 Pork Carnitas Tacos w/ Rice & Beans	2 Cheese, Pepperoni, or Hawaiian Pizza	3 Chicken Caesar Salad w/ Whole Wheat Roll	4 Spaghetti w/ Meat Sauce & Roasted Broccoli
7 NO SCHOOL	8 Chicken Enchilada & Refried Beans	9 Cheese, Pepperoni, or Hawaiian Pizza	10 BBQ Pork Sandwich	11 Chicken Strips w/ Whole Wheat Roll
14 Chicken Drumstick w/ Whole Wheat Roll & Mashed Potatoes	15 Chicken or Cheese Tamales Rice & Beans	16 Cheese, Pepperoni, or Hawaiian Pizza	17 Popcorn Chicken w/ Whole Wheat Breadstick	18 Baked Rotini Pasta & Garbanzo Bean Salad
21 Hot Dog	22 Torta Milanese <i>Chicken Torta Sandwich</i> Rice & Beans	23 Cheese, Pepperoni, or Hawaiian Pizza	24 Brunch Lunch Waffles w/ Sausage & Hash Brown	25 Chicken Alfredo Pasta w/ Whole Wheat Breadstick
28 NO SCHOOL	29 Nachos & Black Beans	30 Cheese, Pepperoni, or Hawaiian Pizza	1 Hawaiian-Style Chicken Rice Bowl	2 Hamburger or Cheeseburger

Daily offerings: fresh fruit, salad bar, deli sandwiches, peanut butter & Oregon Growers jam sandwiches, and milk
Mondays - Mandarin Orange Chicken Rice Bowl | Tuesdays - Bean & Cheese Burrito | Thursdays - Grilled Cheese | Fridays - Teriyaki Chicken w/ Umi Organics Yakisoba
 All meals include the option of locally grown fruit and whole grains such as whole wheat bread, brown rice, or corn tortillas.



School meals are free for all students!

Second Lunch \$5.00

Second Entree \$3.50

Milk \$0.50

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