



October High School Lunch Menu

Meal Prices
Student: \$0.00
Adult: \$6.00
Milk: \$0.75
Second Entree: \$2.75
Second Meal: \$4.25

Daily Offerings: • Beef, Chicken, and Vegetarian Nachos • Beef Teriyaki Bowls • Beef and Chicken Rice Bowls • Crispy or Spicy Chicken Sandwich • Cheese Stuffed Breadsticks with Marinara Sauce • Cheese , Beef Pepperoni, or Specialty Pizza • Hamburger, Cheeseburger, or Vegan Patty • Peanut Butter and Jelly Sandwich • Variety of Deli Sandwich • Variety of Prepared Salads

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Macaroni and Cheese General Tso's Chicken or Tofu Bowl with Fried Rice	2 Beef Mexican Pizza Orange Chicken Bowl with Brown Rice
5 Turkey Kielbasa Orange Chicken Bowl with Brown Rice	6 Crispy or Spicy Popcorn Chicken with Waffle Fries General Tso's Chicken Bowl with Fried Rice	7 Cheese Quesadillas or Cheese and Chicken Quesadillas Orange Chicken Bowl with Brown Rice	8 Featured Monthly Entree Oregon Rodeo Beef Cheeseburger General Tso's Chicken or Tofu Bowl with Fried Rice	9 No School Today
12 Toasted Cheese Sandwich Orange Chicken Bowl with Brown Rice	13 Falafel Bowl with Waffle Fries and Flatbread General Tso's Chicken Bowl with Fried Rice	14 Green Chile and Cheese Tamale Orange Chicken Bowl with Brown Rice	15 Chicken Parmesan Pasta Bowl General Tso's Chicken or Tofu Bowl with Fried Rice	16 Korean Chicken Bowl with Brown Rice Orange Chicken Bowl with Brown Rice
19 Chicken Corn Dog Orange Chicken Bowl with Brown Rice	20 Brunch for Lunch French Toast with Chicken Bites General Tso's Chicken Bowl with Fried Rice	21 Chicken Katsu with Fried Rice Orange Chicken Bowl with Brown Rice	22 Cheesy Pesto Pasta or Chicken Pesto Pasta General Tso's Chicken or Tofu Bowl with Fried Rice	23 Fish Sandwich with Waffle Fries Orange Chicken Bowl with Brown Rice
26 Crispy or Spicy Chicken Tenders Orange Chicken Bowl with Brown Rice	27 Cheesy Garlic Bread General Tso's Chicken Bowl with Fried Rice	28 Beef Banh Mi Sandwich Orange Chicken Bowl with Brown Rice	29 Macaroni and Cheese General Tso's Chicken or Tofu Bowl with Fried Rice	30 No School Today



= Vegetarian Item



=Vegan Item



=Pork Item

Lunch includes one entree, choice of milk and a variety of unlimited fruits and vegetables. Students **must** choose at least 1/2 cup fruit or vegetable.

Menu is subject to change.

To manage your student's meal account and to access nutrition and allergy information, log onto:
<https://www.schoolcafe.com/BEAVERTONSD>

This institution is an equal opportunity provider.