

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 Bake WG	Scrambled Eggs & Toast WG	Pancake Bites WG Syrup	Sausage (turkey) Breakfast Pizza WG	Banana Muffin WG

**NUTRITION:
GAME
ON!**



OCTOBER'S QUEST: Leo is looking for ways to make his lunch more exciting and flavorful, which leads Dani to ask, "What gives food its flavor?"

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

LUNCH MENU - CHOICE TWO

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.

1 Pancake & Sausage (pork) Roasted Carrot Fries				PIZZA DATE 1 Cheese French Bread Pizza (vegetarian) WG Corn Ranch Salad
5 Orange Chicken & Rice Green Beans	6 Mac & Cheese (vegetarian) Roasted Broccoli	7 Corn Dog (chicken) WG Baked French Fries	8 French Toast & Sausage (pork) WG Roasted Carrot Fries	9 School not in session
★ NATIONAL SCHOOL LUNCH WEEK ★				
12 Pasta Pancit (Chicken) WG Green Beans	13 Pasta Mostaccioli (Pork) WG Roasted Broccoli	14 Fiesta Tortilla Bake (beef) WG Seasoned Black Beans	15 Chicken WG & Waffles Roasted Carrot Fries	16 Pepperoni Flatbread (beef/pork) WG Corn Ranch Salad
19 Teriyaki Chicken & Rice WG Green Beans	20 Pasta Bake (beef) WG Roasted Broccoli	21 Nachos (beef) WG Seasoned Black Beans	22 Pancake & Sausage (turkey) on a Stick Roasted Carrot Fries	23 Cheese Pizza Bagel (vegetarian) WG Corn Ranch Salad
26 Sweet & Sour Chicken & Rice WG Green Beans	27 Spaghetti WG & Meat Sauce (beef) Roasted Broccoli	28 School not in session	29 Chicken WG & Waffles Roasted Carrot Fries	30 BBQ Chicken Flatbread Pizza WG Corn Ranch Salad 🍂 Pumpkin Bar

2026-2027 Meal Prices

Students
Adult Meal

Meal at Breakfast

\$0.00
\$3.40

Meal at Lunch

\$0.00
\$5.35

Milk Only

75¢
75¢

NUTRITION: GAME ON!



Quest: Leo is looking for ways to make his lunch more exciting and flavorful, which leads Dani to ask, "What gives food its flavor?"



Vanilla Mint Fruit Salad



Ingredients:

- 1 cup watermelon, cubed
- 1 cup honeydew melon, cubed
- 1 cup cantaloupe, cubed
- 1 cup pineapple, chopped
- 1 cup blueberries
- 1 cup strawberries, sliced
- 2 tablespoons fresh mint leaves, finely chopped
- Vanilla Mint Dressing
- ½ cup apple juice
- 1 tablespoon honey
- ½ teaspoon vanilla extract

Steps:

1. Prepare fruit: Wash and cut all fruit into bite-sized pieces.
2. Make dressing: In a small bowl, whisk together apple juice, honey, and vanilla.
3. Combine: Place fruit in a large bowl and gently toss together.
4. Add flavor: Pour dressing over fruit and sprinkle with chopped mint.
5. Serve chilled and enjoy a refreshing fruit salad.



WORD FINDER

Find Mei Market's shopping list amongst the scramble!

N F E L K A X K C X Z F U S P
O Y H G K Z F S Z F Y C B Y O
P E R M V N U T M E G C N Z V
E W E D N Q D H H E R B V R H
P V G E D W X Y X C H I L I J
P H N I M S I M S M O B N Y W
E G I V J L N E D X S B O Z W
R K G G U J P H O Z U W M H W
X A A L J H M O G T H Y A P X
D G H O U U G B A S I L N J U
X E R S A S N S V T Y M N K L
O H S T G L Q I A Y P Q I L A
I K A U J O R S O B Z V C P W
S V S G A R L I C Z K S B V I
Q Z C L P O R E G A N O V

TASTE THE FUN. MOVE THE FLAVOR!

Foods have different flavors, and movement can be fun in different ways, too!

Try each flavor move for 30 seconds with Max Motion



- PEPPER
- GINGER
- NUTMEG
- THYME
- HERB
- CHILI
- CINNAMON
- BASIL
- GARLIC
- OREGANO



SWEET JUMP

Jump up high like you're full of energy. Big, happy movement.



SOUR STRETCH

Make a long stretch to the sky, then side to side. Long, slow movement.



SALTY TWIST

Twist your body gently left and right. Smooth, steady movement.



BITTER BALANCE

Stand on one foot, then switch. Careful, focused movement.



SPICY QUICK STEPS

Run in place with fast feet. Fast, exciting movement.



UMAMI STRONG POSE

Make your strongest superhero pose. Strong, powerful movement.

This institution is an equal opportunity provider.