

ELEMENTARY BREAKFAST

OCTOBER

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

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

School meals are free for all students!

Second Breakfast \$3.50

Second Entree \$2.00

Milk only \$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.

ELEMENTARY LUNCH

OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
28 NO SCHOOL	29 Nachos w/ Beef or Black Beans	30 Cheese, Pepperoni, or Hawaiian Pizza	1 Hawaiian-Style Chicken Rice Bowl	2 Hamburger or Cheeseburger & Potato Wedges
5 Chicken Sandwich & Tator Tots	6 Pork Carnitas Tacos w/ Mexican Rice & Beans	7 Cheese, Pepperoni, or Hawaiian Pizza	8 Teriyaki Chicken w/ Umi Organics Yakisoba & Steamed Veggies	9 Spaghetti w/ Meat Sauce & Roasted Broccoli
12 NO SCHOOL	13 Chicken Enchilada & Refried Beans	14 Cheese, Pepperoni, or Hawaiian Pizza	15 BBQ Pork Sandwich	16 Chicken Strips w/ Whole Wheat Dinner Roll & Corn
19 Chicken Drumstick w/ Whole Wheat Roll & Mashed Potatoes	20 Chicken or Cheese Tamales Rice & Beans	21 Cheese, Pepperoni, or Hawaiian Pizza	22 Mandarin Orange Chicken w/ Brown Rice & Green Peas	23 Baked Rotini Pasta & Garbanzo Bean Salad
26 Hot Dog	27 Torta Milanese Chicken Torta Sandwich Rice & Beans	28 Cheese, Pepperoni, or Hawaiian Pizza	29 Brunch Lunch French Toast w/ Sausage	30 Chicken Alfredo Pasta w/ Whole Wheat Breadstick

Every Day Options: Deli Sandwiches, Oregon Coast Tuna Sandwiches, Peanut Butter & Jam Sandwiches, Fresh Fruit, Salad Bar, and Milk

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 only \$0.50

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