

MIDDLE SCHOOL BREAKFAST

OCTOBER

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

OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
28 NO SCHOOL	29 Nachos & 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 Chicken Caesar Salad w/ Whole Wheat Roll	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
19 Chicken Drumstick w/ Whole Wheat Roll & Mashed Potatoes	20 Chicken or Cheese Tamales Rice & Beans	21 Cheese, Pepperoni, or Hawaiian Pizza	22 Popcorn Chicken w/ Whole Wheat Breadstick	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 Waffles w/ Sausage & Hash Brown	30 Chicken Alfredo Pasta w/ Whole Wheat Breadstick

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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