



October

2026 REALMS MIDDLE / DESCHUTES RIVER HIGH SCHOOL MENU

CUISINE DAY

Monday
Americana
Fresh Farm PicksTuesday
SOUTH
OF THE BORDERWednesday
*asian*Thursday
*Homestyle*Friday
ITALIAN

Daily Dishes

			1 ♦ * Macaroni & Cheese BBQ Chicken Strips	2 * ✓ * Italian Stromboli
5 * Buffalo Chicken Sandwich w/ Bleu Cheese Dressing * Cajun Tater Tots	6 Baja Breaded Fish Tacos * Pink Chili Sauce * Honey Slaw Tortilla Chips	7 * Honey-Ginger Crunch Bowl Popcorn Chicken & Crispy Noodles Asian Veg & Brown Rice	8 * Shepherd's Pie ✓ * Dinner Roll	9 * Pesto Chicken Alfredo ✓ * Herb Focaccia
12 ✓ * Gourmet Grilled Cheese * Ranch Tater Tots	13 * Chicken Tortilla Soup * Cheese Quesadilla	14 * Pad Thai Rice Bowl Tamarind-Lime Chicken Bean Sprouts, Carrots & Egg, Brown Rice	15 ♦ * ✓ * Macaroni & Cheese BBQ Chicken Strips	16 ● * Baked Beef Penne ✓ * Herb Focaccia
19 * Chicken Noodle Soup ✓ * Toasted Cheese	20 * * Pork Carnitas Burrito	21 ✓ * Cinnamon Roll * Sausage Patty Hash Brown	22 ● * Hot Dog Bar Queso & Beef Chili Tater Tots	23 * Chicken Parmesan Sandwich * Italian Tater Tots
26 * * BBQ Pork Sandwich * Honey Slaw Tater Tots	27 * * Al Pastor Pork Tacos Tortilla Chips	28 * Sweet & Sour Chicken Brown Rice	29 * ● * Smash Burger w/Bacon Tater Tots	30 ● * Italian Meatball Slider * Caesar Salad

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KEY

▼♦* Egg Salad

▼* Nachos w/ ✓ Meat & Cheese

▼♦* Hummas Plate w/ Vegetables & Tortilla Chips

▼* Tuna Salad

▼♦* Deviled Eggs

★ New

● Painted Hills Natural Beef

✕ May contain pork

▼ Gluten Free

➤ Draper Valley Farms

☼ Shellfish Allergy

✓ Camas Country Mills Flour

♦ Vegetarian

✱ Shrimp Allergy

♥ Oregon Caught

✱ Made fresh from scratch

☼ Peanuts

SERVED DAILY:

Lowfat & Nonfat White Milk, Nonfat Chocolate Milk, Variety of Fruits,
Salads, Fresh Vegetables, Fruit Juice, Dessert when menuedB E N D L A P I N E
S c h o o l s

- This institution is an equal opportunity provider.
- Menu subject to change • Printed on Recycled Paper