

MIDDLE SCHOOL BREAKFAST

NOVEMBER

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

NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL	3 Nachos & Black Beans	4 Cheese, Pepperoni, or Hawaiian Pizza	5 Hawaiian-Style Chicken Rice Bowl	6 Hamburger or Cheeseburger & Potato Wedges
9 Chicken Sandwich & Tator Tots	10 Pork Carnitas Tacos w/ Mexican Rice & Beans	11 NO SCHOOL	12 Chicken Caesar Salad w/ Whole Wheat Roll	13 Spaghetti w/ Meat Sauce & Roasted Broccoli
16 Hot Dog	17 Chicken Enchilada & Refried Beans	18 Cheese, Pepperoni, or Hawaiian Pizza	19 BBQ Pork Sandwich	20 Chicken Drumstick Mashed Potatoes Pumpkin Pie
23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL
30 Chicken Strips w/ Whole Wheat Dinner Roll & Corn	1 Chicken or Cheese Tamales Rice & Beans	2 Cheese, Pepperoni, or Hawaiian Pizza	3 Popcorn Chicken w/ Whole Wheat Breadstick	4 Baked Rotini Pasta & Garbanzo Bean Salad

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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