November 2026 REALMS MIDDLE /DESCHUTES RIVER HIGH SCHOOL MENU

DAY / CUISINE	Monday Americana Fresh Farm Picks	Tuesday SOUTH OF THE BORDER	Wednesday asian	Thursday Homestyle	Friday ITALIAN
	2 Corn Chowder ◆✓❊ Toasted Cheese	**3** ❊Grilled Stuffed Burrito ❊Lime & Chili Sweet Corn	**4** ❊Chicken Tikka Masala Jasmine Turmeric Rice	**5** ◆✓❊ Macaroni & Cheese BBQ Chicken Strips	**6** ❊Baked Pizza Penne ✓❊Herb Focaccia
	9 ✖❊BBQ Pork Sandwich ❊Honey Slaw Tater Tots	**10** ❊Chicken & Cheddar Enchilada Tortilla Chips	**11** Veterans Day NO SCHOOL	**12** ✖Pork Poutine ✓❊Whole Grain Roll	**13** ✖✓❊Italian Stromboli
	16 ◆❊ Creamy Tomato Basil Soup ◆✓❊ Toasted Cheese	**17** ✖❊Al Pastor Tacos Tortilla Chips	**18** ✓❊Cinnamon Roll ✖Sausage Patty Hash Brown	**19** ✓❊Thanksgiving Bake Stuffing, Mashed Potatoes, Turkey Gravy Corn ❊Pumpkin Pie	**20** ❊Chicken Parmesan Sandwich ❊Italian Tater Tots
	23 Thanksgiving Break NO SCHOOL	**24** Thanksgiving Break NO SCHOOL	**25** Thanksgiving Break NO SCHOOL	**26** Thanksgiving Break NO SCHOOL	**27** Thanksgiving Break NO SCHOOL
	30 ❊Buffalo Chicken Sandwich w/ Bleu Cheese Dressing ❊Cajun Tater Tots				

Daily Dishes

M	▼◆❊ Egg Salad
Tu	▼❊ Nachos w/ ✓Meat & Cheese
W	▼◆❊ Hummas Plate w/ Vegetables & Tortilla Chips
Th	▼❊ Tuna Salad
F	▼◆❊ Deviled Eggs

KEY

- ★ 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 menued

BEND LAPINE Schools

Nutrition Services

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