



www.wlww.k12.or.us

The District's Nutrition Program offers healthy foods that students enjoy while meeting all federal USDA "healthy kids" guidelines (HHFKA).

"Cook Special" deli meat & cheese, sunflower seed butter, peanut butter, bagels & cream cheese or yogurt may be offered in addition to the items on this menu and are clearly labeled.

Foods contain no trans fat or MSG. The menu can be modified for non-meat options. (Yogurt contains gelatin.) Students, please speak with the nutrition employee. Students select from the choices available. Items with pork, ham or bacon are noted.

If your student has a high risk allergy, the nurse and the nutrition manager can arrange a special diet. Please contact the manager at abelc@wlww.k12.or.us

Checks are accepted at the school or kitchen office. For \$1.95, a credit card payment can be made at www.k12paymentcenter.com

For meal benefit assistance, please call 503-673-7992 or email linstror@wlww.k12.or.us

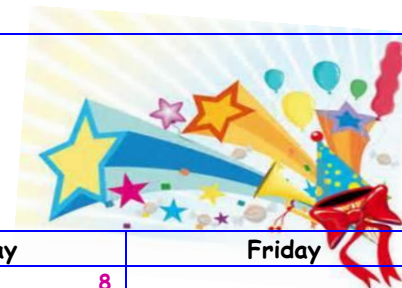
This institution is an equal opportunity provider.

Substitutions may need to be made on occasion.

West Linn - Wilsonville School District

Middle School Lunch Menu

December 5 - January 13, 2017



Monday	Tuesday	Wednesday	Thursday	Friday
December 5	6	Early Release Day 7	8	9
Baked Pasta with lowfat meat & spaghetti sauce or Yoplait Lowfat Yogurt & Whole Grain Breadstick Green Beans or Power Peas Breadstick Salad Blend, Fruit, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk	Whole Grain, Lowfat Hamburger or Lowfat Beef Chili & Cheese ½ oz. Lays Potato Chips Tomatoes & Pickles Salad Blend, Fruits, Buttermilk Ranch Nonfat Chocolate, 1% White Milk	Yoplait Lowfat Yogurt & Whole Grain Graham Crackers or COOKS SPECIAL SANDWICH Potatoes, Beans (Legumes) Salad Blend, Fruit, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk	Whole Grain, Lowfat Macaroni & Cheese or Seasoned Whole Grain Fish Sticks Sweet Potato Waffle Fries Roll Salad Blend, Fruits, Buttermilk Ranch Nonfat Chocolate, 1% White Milk	Whole Grain, Lowfat Cheese Pizza & with toppings or whole grain Bean & Cheese Burrito Corn Salsa Salad Blend, Fruit, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk Baked Cookie (Whole Grain, Lowfat)
12	13	14	15	16
Teriyaki Chicken Rice Bowl with whole grain brown rice or Yoplait Lowfat Yogurt & Whole Grain Graham Crackers Breadstick Green Beans or Power Peas Salad Blend, Fruit, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk	Whole Grain, Lowfat Turkey Burger or Hot Sandwich on whole grain Flatbread ½ oz. Lays Potato Chips Golden Corn Tomatoes & Pickles Salad Blend, Fruits, Buttermilk Ranch Nonfat Chocolate, 1% White Milk	Whole Grain, Lowfat Beef or Chicken Soft Taco or Baked Potato with Toppings Your choice: beef or Chicken, broccoli Shredded cheese, salsa Roll, Sour Cream Beans (Legumes) Salad Blend, Fruit, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk	Chicken Burger or Chicken Parmigiana or Ham Tortilla Roll up on whole grain tortilla Cheez-its or Goldfish Crackers Bun, Mozzarella Cheese Fresh Carrots, Cucumbers Salad Blend, Fruits, Buttermilk Ranch Nonfat Chocolate, 1% White Milk	Whole Grain, Lowfat Cheese Pizza & with toppings or Beef Ravioli & Cheese Saltines Salad Blend, Fruit, Buttermilk Ranch Nonfat White, 1% White Milk 100% Juice Bar

Holiday Break December 19, 2016 - January 2, 2017

January 2	3	4	5	6
No School	Whole Grain, Lowfat Hamburger or Baked Tots covered with Shredded Cheese Baked Tots, Bun Tomatoes & Pickles Salad Blend, Fruits, Buttermilk Ranch Nonfat Chocolate, 1% White Milk	Meatballs in Brown Gravy or Yogurt Parfait with Local Strawberries Mashed Potatoes Roll, Fresh Carrots Salad Blend, Fruit, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk	Nacho's whole corn tortilla chips lowfat meat & cheese or Deli Turkey Sandwich with Tortilla Chips Salsa, Sour Cream, Beans (Legumes) Salad Blend, Fruits, Buttermilk Ranch Nonfat Chocolate, 1% White Milk	Whole Grain, Lowfat Cheese Pizza & with toppings Cottage Cheese Peaches or Pears Saltines, Salad Blend, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk Cinnamon Roll (Whole Grain, Lowfat)
9	10	11	12	13
Baked Pasta with lowfat meat & spaghetti sauce or Yoplait Lowfat Yogurt & Whole Grain Breadstick Green Beans or Power Peas Breadstick Salad Blend, Fruit, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk	Whole Grain, Lowfat Chicken Bites or Whole Grain Enchiladas Potato Tots Saltines, Fresh Carrots Salad Blend, Fruits, Buttermilk Ranch Nonfat Chocolate, 1% White Milk	Whole Grain, Lowfat Cheese Quesadilla or Tuna Sandwich on whole grain bread Whole Corn Fritos, Corn Salsa Sour Cream, Beans (Legumes) Salad Blend, Fruit, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk	Lowfat Beef Chili & Cheese or COOKS SPECIAL ENTREE Whole Grain Cornbread Star Flavorful Sweet Potatoes Cucumbers Salad Blend, Fruits, Buttermilk Ranch Nonfat Chocolate, 1% White Milk	Whole Grain, Lowfat Cheese Pizza & with toppings or whole grain Bean & Cheese Burrito Corn Salsa Salad Blend, Fruit, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk Baked Cookie (Whole Grain, Lowfat)

LUNCH PRICES---Student \$3.45 Reduced---No Charge Adult---\$4.20 (includes 1 entree)

Milk or juice without a full pay, reduced or free meal is \$.50

When paying by check you authorize the recovery of unpaid checks and the recovery of the state allowed fee by means of electronic re-presentment or by paper draft.