



[www.wlww.k12.or.us](http://www.wlww.k12.or.us)

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

Foods contain no trans fat or MSG. Peanut items are not served. (Sunflower seed butter replaces and has a low allergy risk). 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](mailto: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](http://www.k12paymentcenter.com)

For meal benefit assistance, please call 503-673-7992 or email [linstror@wlww.k12.or.us](mailto: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 Primary School Lunch Menu October 31 - December 2, 2016



Monday	Tuesday	Wednesday	Thursday	Friday
<b>31</b>	<b>November 1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Teriyaki Chicken Rice Bowl</b> with whole grain brown rice or <b>Yoplait Lowfat Yogurt &amp; Whole Grain Baked Item</b> Saltines Green Beans or Power Peas Salad Blend, Fruit, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk	Whole Grain, Lowfat <b>Hamburger</b> or <b>Sunbutter Jelly Sandwich &amp; Lowfat String Cheese</b> ½ oz. Lays Potato Chips Tomatoes & Pickles Salad Blend, Fruits, Buttermilk Ranch Nonfat Chocolate, 1% White Milk	Whole Grain, Lowfat <b>Turkey Hot Dog</b> or <b>Chicken Salad Sandwich</b> Baked Potato Smiles Fresh Carrots, Beans (Legumes) Salad Blend, Fruit, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk	Whole Grain, Lowfat <b>Macaroni &amp; Cheese</b> or Seasoned Whole Grain <b>Fish Sticks</b> Roll, Coleslaw Salad Blend, Fruits, Buttermilk Ranch Nonfat Chocolate, 1% White Milk	Whole Grain, Lowfat <b>Cheese Pizza</b> or whole grain <b>Pretzel &amp; Mozzarella Cheese Stick</b> with marinara dipping sauce Salad Blend, Fruit, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk <b>Baked Cookie</b> (Whole Grain, Lowfat)
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>Baked Pasta</b> with lowfat meat & spaghetti sauce or <b>Yoplait Lowfat Yogurt &amp; Berry Shortcake</b> Saltines, Golden Corn Salad Blend, Fruit, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk <b>Berry Shortcake</b> (Whole Grain, Lowfat)	Whole Grain, Lowfat <b>Hamburger</b> or <b>Sunbutter Jelly Sandwich &amp; Lowfat String Cheese</b> Cheez-its or Goldfish Crackers Tomatoes & Pickles Salad Blend, Fruits, Buttermilk Ranch Nonfat Chocolate, 1% White Milk	Whole Grain Lowfat Beef or Chicken <b>Taco Salad</b> or <b>Deli Turkey Sandwich with Tortilla Chips</b> Beans (Legumes) Cheese, Salsa, Sour Cream Salad Blend, Fruit, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk	Whole Grain, Lowfat <b>Flavorful Sloppy Joe</b> or <b>Tuna Sandwich</b> on whole grain bread Baked Tots, Fresh Carrots Salad Blend, Fruits, Buttermilk Ranch Nonfat Chocolate, 1% White Milk	<b>No School</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Whole Grain, Lowfat <b>Mini Chicken Corndogs</b> or <b>Yoplait Lowfat Yogurt &amp; Whole Grain Muffin</b> Roll Green Beans or Power Peas Salad Blend, Fruit, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk	Whole Grain, Lowfat <b>Chicken Burger</b> or <b>Sunbutter Jelly Sandwich &amp; Lowfat String Cheese</b> Cucumber, Tomatoes Beans (Legumes) Salad Blend, Fruits, Buttermilk Ranch Nonfat Chocolate, 1% White Milk	<b>Baked Potato with Toppings</b> Your choice: broccoli, chili cheese, salsa or Lowfat, Low Sodium <b>Beef Chili &amp; Cheese</b> Whole Grain Cornbread Star Saltines, Sour Cream Salad Blend, Fruits, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk	<b>Deli Ham &amp; Cheese on whole grain Flatbread</b> or <b>Turkey Meatball Sandwich</b> ½ oz. Lays Potato Chips Potato Salad, Fresh Carrots Salad Blend, Fruits, Buttermilk Ranch Nonfat Chocolate, 1% White Milk	Whole Grain, Lowfat <b>Cheese Pizza</b> or <b>Beef Ravioli &amp; Cheese</b> Saltines Salad Blend, Fruit, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk <b>Baked Cookie</b> (Whole Grain, Lowfat)
<b>Holiday Break November 21 - 25, 2016</b>				
<b>28</b>	<b>29</b>	<b>30</b>	<b>December 1</b>	<b>2</b>
<b>Teriyaki Chicken Rice Bowl</b> with whole grain brown rice or <b>Yoplait Lowfat Yogurt &amp; Whole Grain Graham Crackers</b> Roll Green Beans or Power Peas Salad Blend, Fruit, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk	Whole Grain, Lowfat <b>Chicken Bites</b> or <b>Sunbutter Jelly Sandwich &amp; Lowfat String Cheese</b> Baked Tots, Saltines Salad Blend, Fruits, Buttermilk Ranch Nonfat Chocolate, 1% White Milk	Whole Grain, Lowfat <b>Cheese Quesadilla</b> or <b>Tuna Sandwich</b> on whole grain bread Cheez-its or Goldfish Crackers Corn Salsa, Sour Cream Beans (Legumes) Salad Blend, Fruit, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk	Whole Grain, Lowfat <b>Flavorful Sloppy Joe</b> or <b>Chicken Salad Sandwich</b> Flavorful Sweet Potatoes Coleslaw Salad Blend, Fruits, Buttermilk Ranch Nonfat Chocolate, 1% White Milk	Whole Grain, Lowfat <b>Cheese Pizza</b> Cottage Cheese Peaches or Pears Salad Blend, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk <b>Baked Cookie</b> (Whole Grain, Lowfat)

**LUNCH PRICES---Student \$3.20 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-presentation or by paper draft.