

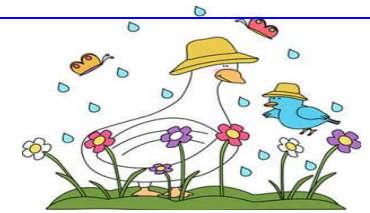


[www.wlww.k12.or.us](http://www.wlww.k12.or.us)

# West Linn - Wilsonville School District

## Primary School Lunch Menu

### April 17 - May 12, 2017



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.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>Baked Pasta</b> with lowfat meat & spaghetti sauce or <b>Yoplait Lowfat Yogurt &amp; Whole Grain Breadstick</b> Green Beans or Power Peas Breadstick 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>Taquitos</b> or Whole Grain, Lowfat <b>Turkey Hot Dog</b> Potato Salad Salsa, 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 Sweet Potato Waffle Fries Salad Blend, Fruits, Buttermilk Ranch Nonfat Chocolate, 1% White Milk	Whole Grain, Lowfat <b>Cheese Pizza</b> or whole grain <b>Bean &amp; Cheese Burrito</b> Corn Salsa Salad Blend, Fruit, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk <b>Baked Cookie</b> (Whole Grain, Lowfat)
<b>24</b>	<b>25</b>	<b>Early Release Day 26</b>	<b>27</b>	<b>28</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>Turkey Burger</b> or <b>Sunbutter Jelly Sandwich &amp; Lowfat String Cheese</b> Baked Tots Tomatoes & Pickles Salad Blend, Fruits, Buttermilk Ranch Nonfat Chocolate, 1% White Milk	<b>Yoplait Lowfat Yogurt &amp; Whole Grain Graham Crackers</b> or <b>COOKS SPECIAL SANDWICH</b> Potatoes, Beans (Legumes) Salad Blend, Fruit, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk	<b>Chicken Parmigiana</b> or <b>Ham Tortilla Roll up</b> on whole grain tortilla Cheez-its or Goldfish Crackers Fresh Carrots, Cucumbers 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 Nonfat White, 1% White Milk <b>100% Juice Bar</b>
<b>May 1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Whole Grain, Lowfat <b>Mini Chicken Corndogs</b> or <b>Yoplait Lowfat Yogurt &amp; Whole Grain Muffin</b> ½ oz. Lays Potato Chips Golden Corn, Beans (Legumes) 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> Sweet Potato Waffle Fries Tomatoes & Pickles Salad Blend, Fruits, Buttermilk Ranch Nonfat Chocolate, 1% White Milk	<b>Meatballs in Brown Gravy</b> or <b>Yogurt Parfait with Local Strawberries</b> Mashed Potatoes Roll, Fresh Carrots Salad Blend, Fruit, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk	<b>Nacho's</b> whole corn tortilla chips lowfat Beef or Chicken & cheese or <b>Deli Turkey Sandwich with Tortilla Chips</b> Beans (Legumes) Salsa, Sour Cream 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)
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Baked Pasta</b> with lowfat meat & spaghetti sauce or <b>Yoplait Lowfat Yogurt &amp; Whole Grain Breadstick</b> Green Beans or Power Peas Breadstick 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, Fresh Carrots 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 Beans (Legumes) Corn Salsa, Sour Cream Salad Blend, Fruit, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk	Lowfat <b>Beef Chili &amp; Cheese</b> or <b>COOKS SPECIAL ENTREE</b> Whole Grain Cornbread Star Flavorful Sweet Potatoes Saltines, Cucumbers Salad Blend, Fruits, Buttermilk Ranch Nonfat Chocolate, 1% White Milk	Whole Grain, Lowfat <b>Cheese Pizza</b> or whole grain <b>Bean &amp; Cheese Burrito</b> Corn Salsa Salad Blend, Fruit, 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.