



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).

Foods contain no trans fat or MSG. Peanut butter is not served. (Sunflower seed butter replaces and has a low allergy risk). The menu can be modified for non-meat options. Students, please speak with the nutrition employee and select from the choices available. (Yogurt contains gelatin.) 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 Primary School Lunch Menu September 6 - September 30, 2016



Monday	Tuesday	Wednesday	Thursday	Friday
September 5	6	7	8	9
No School	Whole Grain, Lowfat Chicken Bites or Yoplait Lowfat Yogurt & Whole Grain Graham Crackers Fresh Carrots Salad Blend, Fruits, Buttermilk Ranch Nonfat Chocolate, 1% White Milk	Whole Grain, Lowfat Hamburger or Sunbutter & Jelly Sandwich & Lowfat String Cheese ½ oz. Lays Potato Chips Tomatoes Salad Blend, Fruit, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk	Whole Grain, Lowfat Macaroni & Cheese or Seasoned Whole Grain Fish Sticks Green Beans, Roll Salad Blend, Fruits, Buttermilk Ranch Nonfat Chocolate, 1% White Milk	Whole Grain, Lowfat Cheese Pizza Cottage Cheese, Saltines Peaches or Pears Salad Blend, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk Baked Cookie (Whole Grain, Lowfat)
12	13	14	15	16
Baked Pasta with lowfat meat & spaghetti sauce or Yoplait Lowfat Yogurt & Berry Shortcake Saltines, Golden Corn Salad Blend, Fruit, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk Berry Shortcake (Whole Grain, Lowfat)	Whole Grain, Lowfat Hamburger or Sunbutter Jelly Sandwich & Lowfat String Cheese Cheez-its or Goldfish Crackers Tomatoes & Pickles Salad Blend, Fruits, Buttermilk Ranch Nonfat Chocolate, 1% White Milk	Whole Grain Lowfat Beef or Chicken Taco Salad or Deli Turkey Sandwich with Tortilla Chips Beans (Legumes) Cheese, Salsa, Sour Cream Salad Blend, Fruit, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk	Whole Grain, Lowfat Flavorful Sloppy Joe or Tuna Sandwich on whole grain bread Baked Tots, Fresh Carrots Salad Blend, Fruits, Buttermilk Ranch Nonfat Chocolate, 1% White Milk	Whole Grain, Lowfat Cheese Pizza or whole grain Bean & Cheese Burrito Corn Salsa, Sour Cream Salad Blend, Fruit, Buttermilk Ranch Nonfat White, 1% White Milk 100% Juice Bar
19	20	21	22	23
Whole Grain, Lowfat Mini Chicken Corndogs or Yoplait Lowfat Yogurt & Whole Grain Muffin Roll Green Beans or Power Peas Salad Blend, Fruit, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk	Whole Grain, Lowfat Chicken Burger or Sunbutter Jelly Sandwich & Lowfat String Cheese Cucumber, Tomatoes Beans (Legumes) Salad Blend, Fruits, Buttermilk Ranch Nonfat Chocolate, 1% White Milk	Baked Potato with Toppings Your choice: broccoli, chili cheese, salsa or Lowfat, Low Sodium Beef Chili & Cheese Whole Grain Cornbread Star Saltines, Sour Cream Salad Blend, Fruits, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk	Deli Ham & Cheese on whole grain Flatbread or Turkey Meatball Sandwich ½ oz. Lays Potato Chips Potato Salad, Fresh Carrots Salad Blend, Fruits, Buttermilk Ranch Nonfat Chocolate, 1% White Milk	Whole Grain, Lowfat Cheese Pizza or Beef Ravioli & Cheese Saltines Salad Blend, Fruit, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk Baked Cookie (Whole Grain, Lowfat)
26	27	Early Release Day 28	29	30
Teriyaki Chicken Rice Bowl with whole grain brown rice or Yoplait Lowfat Yogurt & Whole Grain Graham Crackers Roll Green Beans or Power Peas Salad Blend, Fruit, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk	Whole Grain, Lowfat Chicken Bites or Sunbutter Jelly Sandwich & Lowfat String Cheese Baked Tots, Saltines 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 Flavorful Sloppy Joe or Chicken Salad Sandwich Flavorful Sweet Potatoes Coleslaw Salad Blend, Fruits, Buttermilk Ranch Nonfat Chocolate, 1% White Milk	Whole Grain, Lowfat Cheese Pizza Cottage Cheese Peaches or Pears Salad Blend, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk Baked Cookie (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.