www.wlwv.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@wlwv.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@wlwv.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

February 13 – March 10, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
13	14	15	16	17
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 Sunbutter Jelly Sandwich & Lowfat String Cheese ½ oz. Lays Potato Chips Tomatoes & Pickles Salad Blend, Fruits, Buttermilk Ranch Nonfat Chocolate, 1% White Milk	Whole Grain, Lowfat Taquitos or Whole Grain, Lowfat Turkey Hot Dog Potato Salad Salsa, 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 Roll Sweet Potato Waffle Fries Salad Blend, Fruits, Buttermilk Ranch Nonfat Chocolate, 1% White Milk	Whole Grain, Lowfat Cheese Pizza 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)
20	21	22	23	24
No School	Whole Grain, Lowfat Turkey Burger or Sunbutter Jelly Sandwich & Lowfat String Cheese Baked Tots Tomatoes & Pickles Salad Blend, Fruits, Buttermilk Ranch Nonfat Chocolate, 1% White Milk	Whole Grain Soft Taco or Bagel Cream Cheese & Lowfat String Cheese Beans (Legumes) Cheese, Salsa, Sour Cream Salad Blend, Fruit, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk	Chicken Parmigiana or Ham Tortilla Roll up 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 Cheese Pizza or Beef Ravioli & Cheese Saltines Salad Blend, Fruit, Buttermilk Ranch Nonfat White, 1% White Milk 100% Juice Bar
27	28	March 1	2	3
Whole Grain, Lowfat Mini Chicken Corndogs or Yoplait Lowfat Yogurt & Whole Grain Muffin ½ oz. Lays Potato Chips Golden Corn, Beans (Legumes) Salad Blend, Fruit, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk	Whole Grain, Lowfat Hamburger or Sunbutter Jelly Sandwich & Lowfat String Cheese Sweet Potato Waffle Fries 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 Beef or Chicken & cheese or Deli Turkey Sandwich with Tortilla Chips Beans (Legumes) Salsa, Sour Cream Salad Blend, Fruits, Buttermilk Ranch Nonfat Chocolate, 1% White Milk	Whole Grain, Lowfat Cheese Pizza Cottage Cheese Peaches or Pears Saltines Salad Blend, Buttermilk Ranch 100% Juice, Nonfat White, 1% White Milk Baked Cookie (Whole Grain, Lowfat)
6	7	8	9	10
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 Sunbutter Jelly Sandwich & Lowfat String Cheese Baked Tots, Fresh Carrots Salad Blend, Fruits, Buttermilk Ranch Nonfat Chocolate, 1% White Milk	Whole Grain, Lowfat Cheese Quesadilla or Tuna Sandwich 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 Beef Chili & Cheese or COOKS SPECIAL ENTREE Whole Grain Cornbread Star Flavorful Sweet Potatoes Saltines, Cucumbers Salad Blend, Fruits, Buttermilk Ranch Nonfat Chocolate, 1% White Milk	Whole Grain, Lowfat Cheese Pizza 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 $3.20 Reduced---No Charge Adult---$4 (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.