








HIGH SCHOOL BREAKFAST & LUNCH MENU

November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chicken Burger or Breaded Fish Sticks <i>Baked Cookie</i>
4 Chicken Tenders or BBQ Chicken Sandwich	5 Cheeseburger or ✓ Three Bean Burrito Bowl	6 Egg Roll with Rice Chicken or Veggie* ✓ or Ethiopian Chicken & Brown Rice	7 ✓ Lasagna or Chicken Noodles Soup with Breadstick or CHEF'S SPECIAL ENTRÉE	8 Chicken Burger or Hot Deli Ham & Cheese on Flatbread <i>Dessert</i>
11 	12 Turkey Hot Dog or ✓ Chili with Cornbread & Shredded Cheese	13 Caribbean Jerk Chicken or Yakisoba Noodles	14 Turkey and Gravy with Mashed Potatoes or ✓ Grilled Cheese Sandwich	15 Chicken Burger or Breaded Fish Sticks <i>Baked Cookie</i>
18 ✓ Macaroni & Cheese or BBQ Pulled Pork Sandwich	19 Western Burger or ✓ Three Bean Burrito Bowl	20 Teriyaki Chicken & Rice with Broccoli or Chicken Potstickers with Broccoli	21 Baked Pasta Bolognese or CHEF'S SPECIAL ENTRÉE	22 Chicken Burger or Hot Pesto Chicken & Cheese on Flatbread <i>Dessert</i>



No School November 25th – 29th, 2019

BREAKFAST IS SERVED AT ALL SCHOOLS, EXCEPT: ATHEY CREEK, BOLTON AND STAFFORD

MONDAY BREAKFAST CHOICE OF	TUESDAY BREAKFAST CHOICE OF	WEDNESDAY BREAKFAST CHOICE OF	THURSDAY BREAKFAST CHOICE OF	FRIDAY BREAKFAST CHOICE OF
✓ Assorted Low Sugar Cereal with String Cheese Stick ✓ Assorted Breakfast Bar ✓ Oatmeal Protein Pack ✓ Frudel Fruit, Juice & Milk	✓ Assorted Low Sugar Cereal with String Cheese Stick ✓ Assorted Breakfast Bar ✓ Oatmeal Protein Pack ✓ Mini Pancakes Fruit, Juice & Milk	✓ Assorted Low Sugar Cereal with String Cheese Stick ✓ Assorted Breakfast Bar ✓ Oatmeal Protein Pack ✓ Blueberry Muffin with String Cheese Stick Fruit, Juice & Milk	✓ Assorted Low Sugar Cereal with String Cheese Stick ✓ Assorted Breakfast Bar ✓ Oatmeal Protein Pack ✓ French Toast Sticks Fruit, Juice & Milk	✓ Assorted Low Sugar Cereal with String Cheese Stick ✓ Assorted Breakfast Bar ✓ Oatmeal Protein Pack Pancake Sausage on a Stick Fruit, Juice & Milk

You may qualify for free or reduced price meals. Applications are available on our website, at all schools and the Nutrition Services office.

Lunch Prices

Paid: \$3.45 Reduced: No Charge Adult: \$4
Milk without full meal: \$.50
Breakfast \$1.95

View meal account activity and make Credit card payments at:
<https://www.k12paymentcenter.com>
Checks are accepted at the school or kitchen office.

DAILY OFFERINGS

- Protein Pack and Deli Sandwich Assortment.
- ✓ Peanut Butter & Jelly Sandwich.
- Yoplait Yogurt with String Cheese and Baked Item.
- Pepperoni Bosco Pizza Stick every Monday.
- Roadrunner ✓ Cheese Pizza or Pepperoni Pizza every Tuesday through Friday.
- Choices of variety of Fruits & Vegetables. Juice, 1% White & Non-fat Chocolate Milk.
- Included with all lunches are a Meat or Meat Alternate Entrée, Bread or Grain Item.

"This institution is an equal opportunity provider"

✓ =Vegetarian

Need Assistance?
Contact Nutrition Services at
(503) 673-7992
linstror@wlwv.k12.or.us

Visit our website!
<https://www.wlww.k12.or.us/domain/42>

Menus subject to change.