

MIDDLE SCHOOL BREAKFAST & LUNCH MENU


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
February 3	4	<i>Early Release</i> 5	6	7
 <i>Kids Choice</i> Chicken Bites or ✔ Grilled Cheese Sandwich	Chicken Burger or Breakfast Biscuit with Egg, Ham & Cheese or ✔ Vegetarian Healthy Snack Pack with Flatbread	Hot Ham & Cheese on Flatbread or Yogurt Parfait with Berries & GF Granola	Gyros Sandwich or Thai Style Noodles or ✔ Peanut Butter & Jelly Sandwich	Pizza with Toppings* ✔ or BBQ Roasted Chicken <i>Dessert</i>
10	11	12	13	14
Chicken Corn Dog or ✔ Macaroni & Cheese	Turkey Hot Dog or ✔ Chili & Cornbread Star	Arroz Con Pollo or ✔ Three Bean Burrito Bowl	Beef Soft Taco or ✔ Bean Taco Salad	Pizza with Toppings* ✔ or Pepperoni Bosco Breadsticks with Marinara Dipping Sauce <i>Baked Cookie</i>
17	18	19	20	21
	Chicken Tenders or ✔ Pretzel & Marinara Sauce with String Cheese	Ethiopian Chicken & Rice or ✔ Quesadilla	✔ Lasagna or Chicken Noodles Soup	Pizza with Toppings* ✔ or Pepperoni Bosco Breadsticks with Marinara Dipping Sauce <i>Dessert</i>
24	25	26	27	28
Breaded Fish Sticks or ✔ Macaroni & Cheese	BBQ Pulled Pork Sandwich or ✔ Bean & Cheese Burrito	Hot Pesto Turkey & Cheese on Flatbread or Yogurt Parfait with Strawberries/Blueberries & GF Granola	Chicken Tamale or ✔ Bean & Cheese Tamale	Pizza with Toppings* ✔ or BBQ Roasted Chicken <i>Baked Cookie</i>
BREAKFAST IS SERVED AT ALL SCHOOLS, EXCEPT: ATHEY CREEK, BOLTON AND STAFFORD				
MONDAY BREAKFAST CHOICE OF ✔ Assorted Low Sugar Cereal with String Cheese Stick ✔ Assorted Breakfast Bar ✔ Oatmeal Protein Pack ✔ Frudel <i>Fruit, Juice & Milk</i>	TUESDAY BREAKFAST CHOICE OF ✔ Assorted Low Sugar Cereal with String Cheese Stick ✔ Assorted Breakfast Bar ✔ Oatmeal Protein Pack ✔ Mini Pancakes <i>Fruit, Juice & Milk</i>	WEDNESDAY BREAKFAST CHOICE OF ✔ Assorted Low Sugar Cereal with String Cheese Stick ✔ Assorted Breakfast Bar ✔ Oatmeal Protein Pack ✔ Blueberry Muffin with String Cheese Stick <i>Fruit, Juice & Milk</i>	THURSDAY BREAKFAST CHOICE OF ✔ Assorted Low Sugar Cereal with String Cheese Stick ✔ Assorted Breakfast Bar ✔ Oatmeal Protein Pack ✔ French Toast Sticks <i>Fruit, Juice & Milk</i>	FRIDAY BREAKFAST CHOICE OF ✔ Assorted Low Sugar Cereal with String Cheese Stick ✔ Assorted Breakfast Bar ✔ Oatmeal Protein Pack Pancake Sausage on a Stick <i>Fruit, Juice & Milk</i>

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

- Grab & Go entrée: Sandwiches, Yogurts, Snack Packs or Salads
- Included with all lunches are a Meat or Meat Alternate Entrée, Bread or Grain Item.
- Choices of variety of Fruits and Vegetables. 1% White and Non-fat Milk.
- Juice only offered on Monday, Wednesday & Friday. * ✔=Cheese Pizza available
- Non-fat Chocolate Milk only offered on Tuesday & Thursday. ✔=Vegetarian

"This institution is an equal opportunity provider"

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.