


**MIDDLE SCHOOL BREAKFAST & LUNCH MENU**
**MARCH**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>March 2</b> Chicken Bites or ✓ Grilled Cheese Sandwich	<b>3</b> Meatball Sandwich with Mozzarella or ✓ Stuffed Pasta Shells	<b>4</b> Hot Ham & Cheese on Flatbread or ✓ Quesadilla	<b>5</b> Yakisoba Noodles or Chicken Potstickers or ✓ Vegetarian Healthy Snack Pack with Flatbread	<b>6</b> Pizza with Toppings* ✓ or BBQ Roasted Chicken <i>Dessert</i>
<b>9</b> Chicken Corn Dog or ✓ Chili & Cornbread Star	<b>10</b> Hamburger or Breakfast Biscuit with Egg, Ham & Cheese or ✓ Peanut Butter & Jelly Sandwich	<b>11</b> Caribbean Jerk Chicken or Yogurt Parfait with Berries & GF Granola	<b>12</b> Super Nachos with Queso Sauce or ✓ Three Bean Burrito Bowl	<b>13</b> Pizza with Toppings* ✓ or Pepperoni Bosco Breadsticks with Marinara Dipping Sauce <i>Baked Cookie</i>
<b>16</b> Chicken Tenders or ✓ Soft Pretzel with Marinara & String Cheese	<b>17</b> Turkey Hot Dog or ✓ Chili & Cornbread Star	<b>Early Release 18</b> Hot Pesto Turkey & Cheese on Flatbread or ✓ Quesadilla	<b>19</b> ✓ Lasagna or Chicken Noodles Soup	<b>20</b> 


**No School March 23<sup>rd</sup> ~ 27<sup>th</sup>, 2020**

<b>30</b> ✓ Macaroni & Cheese or Breaded Fish Sticks	<b>31</b> BBQ Pulled Pork Sandwich or ✓ Bean & Cheese Burrito	<b>April 1</b> Teriyaki Chicken & Rice or Egg Roll & Rice or ✓ Peanut Butter & Jelly Sandwich	<b>2</b> Chicken Tamale or ✓ Bean & Cheese Tamale	<b>3</b> Pizza with Toppings* ✓ or BBQ Roasted Chicken <i>Baked Cookie</i>
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**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 <i>Fruit, Juice &amp; Milk</i>	✓ Assorted Low Sugar Cereal with String Cheese Stick ✓ Assorted Breakfast Bar ✓ Oatmeal Protein Pack ✓ Mini Pancakes <i>Fruit, Juice &amp; Milk</i>	✓ Assorted Low Sugar Cereal with String Cheese Stick ✓ Assorted Breakfast Bar ✓ Oatmeal Protein Pack ✓ Blueberry Muffin with String Cheese Stick <i>Fruit, Juice &amp; Milk</i>	✓ Assorted Low Sugar Cereal with String Cheese Stick ✓ Assorted Breakfast Bar ✓ Oatmeal Protein Pack ✓ French Toast Sticks <i>Fruit, Juice &amp; Milk</i>	✓ Assorted Low Sugar Cereal with String Cheese Stick ✓ Assorted Breakfast Bar ✓ Oatmeal Protein Pack Pancake Sausage on a Stick <i>Fruit, Juice &amp; 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.schoolpay.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](mailto:linstror@wlwv.k12.or.us)  
 Visit our website!  
<https://www.wlww.k12.or.us/domain/42>  
*Menus subject to change.*