

Middle School Menu 2025-2026



Corvallis
SCHOOL DISTRICT

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Week 1	French Toast Sticks V Breakfast Pizza Assorted Breakfast Cereal V GF	Assorted Waffles V Assorted Breakfast Sandwiches P Assorted Breakfast Cereal V GF	Yogurt Parfait V Breakfast Burrito Assorted Breakfast Cereal V GF	Freshly Baked Cinnamon Roll V Assorted Breakfast Sandwiches P Assorted Breakfast Cereal V GF	Three Cheese Egg Bites Whole Grain Donuts V Assorted Breakfast Cereal V GF	Additional Meal Prices Breakfast: \$2.65 Lunch: \$3.65 Milk: \$0.75 Offered Daily! Breakfast: Assorted Cereal, Breakfast Bars, Assorted Muffins, Fresh Fruit or Juice, Milk Lunch: PB&J, Assorted Sandwiches, Salad Bar, Assorted Fruits and Veggies, Milk	Under the Community Eligibility Provision from the United States Department of Agriculture (USDA), beginning July 1, 2024, all students qualify for a free complete breakfast and lunch, regardless of income. Families do not need to fill out free and reduced lunch applications for these benefits. Complete Meals: Breakfast: At least 3 food items being offered including <u>at least</u> 1/2 cup of a fruit or vegetable. Lunch: At least 3 of the 5 meal components offered including <u>at least</u> a 1/2 cup of fruit or vegetable. Meal Components: Meat/Meat Alternative, Grain, Fruit, Vegetable, Milk To add funds to your student's meal account visit LINQ Connect , or cash and check are also accepted at our schools. Parents are responsible for maintaining sufficient funds in student meal accounts. For information regarding school meals and lunch accounts contact: Nutrition Services 541-757-5859 nutritionservices@corvallis.k12.or.us Menus are subject to change, please refer to school day calendar for days in session.
	Turkey Hot Dog & Fries DF Chicken Patty Sandwich & Fries DF	Penna Rosa w/Chicken Hamburger DF or Cheeseburger & Fries	Chicken Stir Fry Chicken Nuggets and Fries DF	Assorted Homemade Pizza V P Sloppy Joe & Fries DF	Cheesy Bread & Marinara V Nacho Bar V DF GF		
Week 2	French Toast Sticks V Breakfast Pizza Assorted Breakfast Cereal V GF	Assorted Waffles V Assorted Breakfast Sandwiches P Assorted Breakfast Cereal V GF	Yogurt Parfait V Breakfast Burrito Assorted Breakfast Cereal V GF	Freshly Baked Cinnamon Roll V Assorted Breakfast Sandwiches P Assorted Breakfast Cereal V GF	Three Cheese Egg Bites Whole Grain Donuts V Assorted Breakfast Cereal V GF	Additional Meal Prices Breakfast: \$2.65 Lunch: \$3.65 Milk: \$0.75 Offered Daily! Breakfast: Assorted Cereal, Breakfast Bars, Assorted Muffins, Fresh Fruit or Juice, Milk Lunch: PB&J, Assorted Sandwiches, Salad Bar, Assorted Fruits and Veggies, Milk	Under the Community Eligibility Provision from the United States Department of Agriculture (USDA), beginning July 1, 2024, all students qualify for a free complete breakfast and lunch, regardless of income. Families do not need to fill out free and reduced lunch applications for these benefits. Complete Meals: Breakfast: At least 3 food items being offered including <u>at least</u> 1/2 cup of a fruit or vegetable. Lunch: At least 3 of the 5 meal components offered including <u>at least</u> a 1/2 cup of fruit or vegetable. Meal Components: Meat/Meat Alternative, Grain, Fruit, Vegetable, Milk To add funds to your student's meal account visit LINQ Connect , or cash and check are also accepted at our schools. Parents are responsible for maintaining sufficient funds in student meal accounts. For information regarding school meals and lunch accounts contact: Nutrition Services 541-757-5859 nutritionservices@corvallis.k12.or.us Menus are subject to change, please refer to school day calendar for days in session.
	Bean & Cheese Enchiladas V Chicken Patty Sandwich & Fries DF	Creamy Mac & Cheese V Hamburger DF or Cheeseburger & Fries	Teriyaki Chicken Over Rice DF Brunch for Lunch	Assorted Homemade Pizza V P Carolina BBQ Rubbed Chicken w/Potato Wedges	Pretzel w/Cheese Sauce & Tater Tots V Nacho Bar V DF GF		
Week 3	French Toast Sticks V Breakfast Pizza Assorted Breakfast Cereal V GF	Assorted Waffles V Assorted Breakfast Sandwiches P Assorted Breakfast Cereal V GF	Yogurt Parfait V Breakfast Burrito Assorted Breakfast Cereal V GF	Freshly Baked Cinnamon Roll V Assorted Breakfast Sandwiches P Assorted Breakfast Cereal V GF	Three Cheese Egg Bites Whole Grain Donuts V Assorted Breakfast Cereal V GF	Additional Meal Prices Breakfast: \$2.65 Lunch: \$3.65 Milk: \$0.75 Offered Daily! Breakfast: Assorted Cereal, Breakfast Bars, Assorted Muffins, Fresh Fruit or Juice, Milk Lunch: PB&J, Assorted Sandwiches, Salad Bar, Assorted Fruits and Veggies, Milk	Under the Community Eligibility Provision from the United States Department of Agriculture (USDA), beginning July 1, 2024, all students qualify for a free complete breakfast and lunch, regardless of income. Families do not need to fill out free and reduced lunch applications for these benefits. Complete Meals: Breakfast: At least 3 food items being offered including <u>at least</u> 1/2 cup of a fruit or vegetable. Lunch: At least 3 of the 5 meal components offered including <u>at least</u> a 1/2 cup of fruit or vegetable. Meal Components: Meat/Meat Alternative, Grain, Fruit, Vegetable, Milk To add funds to your student's meal account visit LINQ Connect , or cash and check are also accepted at our schools. Parents are responsible for maintaining sufficient funds in student meal accounts. For information regarding school meals and lunch accounts contact: Nutrition Services 541-757-5859 nutritionservices@corvallis.k12.or.us Menus are subject to change, please refer to school day calendar for days in session.
	Country Fried Chicken Bowl Chicken Patty Sandwich & Fries DF	Pasta w/Meat Sauce DF Hamburger DF or Cheeseburger & Fries	Chicken Nuggets and Fries DF Toasted Cheese Sandwich & Vegetarian Chili V	Assorted Homemade Pizza V P Chicken Corndog & Fries DF	Cheesy Bread & Marinara V Nacho Bar V DF GF		
Week 4	French Toast Sticks V Breakfast Pizza Assorted Breakfast Cereal V GF	Assorted Waffles V Assorted Breakfast Sandwiches P Assorted Breakfast Cereal V GF	Yogurt Parfait V Breakfast Burrito Assorted Breakfast Cereal V GF	Freshly Baked Cinnamon Roll V Assorted Breakfast Sandwiches P Assorted Breakfast Cereal V GF	Three Cheese Egg Bites Whole Grain Donuts V Assorted Breakfast Cereal V GF	Additional Meal Prices Breakfast: \$2.65 Lunch: \$3.65 Milk: \$0.75 Offered Daily! Breakfast: Assorted Cereal, Breakfast Bars, Assorted Muffins, Fresh Fruit or Juice, Milk Lunch: PB&J, Assorted Sandwiches, Salad Bar, Assorted Fruits and Veggies, Milk	Under the Community Eligibility Provision from the United States Department of Agriculture (USDA), beginning July 1, 2024, all students qualify for a free complete breakfast and lunch, regardless of income. Families do not need to fill out free and reduced lunch applications for these benefits. Complete Meals: Breakfast: At least 3 food items being offered including <u>at least</u> 1/2 cup of a fruit or vegetable. Lunch: At least 3 of the 5 meal components offered including <u>at least</u> a 1/2 cup of fruit or vegetable. Meal Components: Meat/Meat Alternative, Grain, Fruit, Vegetable, Milk To add funds to your student's meal account visit LINQ Connect , or cash and check are also accepted at our schools. Parents are responsible for maintaining sufficient funds in student meal accounts. For information regarding school meals and lunch accounts contact: Nutrition Services 541-757-5859 nutritionservices@corvallis.k12.or.us Menus are subject to change, please refer to school day calendar for days in session.
	Bean & Cheese Burrito V Chicken Patty Sandwich & Fries DF	Chicken Alfredo Hamburger DF or Cheeseburger & Fries	Orange Chicken Over Rice DF Brunch for Lunch	Assorted Homemade Pizza V P Potato Bar V GF	Cheesy Garlic Toast w/ Marinara V Nacho Bar V DF GF		

Dietary Key:
GF: Does not contain gluten ingredients
DF: Does not contain dairy ingredients
P: Contains Pork
V: Vegetarian
 Fruit & Vegetable always **GF DF**

The Corvallis School District does not discriminate on the basis of age, citizenship, color, disability, gender expression, gender identity, national origin, parental or marital status, race, religion, sex, or sexual orientation in its programs and activities, and provides equal access to designated youth groups. The following persons have been designated to handle inquiries regarding discrimination: Rynda Gregory, Human Resources Administrator and Title IX Coordinator: rynda.gregory@corvallis.k12.or.us, 971-217-6309; Byron Bethards, Student Growth and Experience Director, Title II Oversight and Complaints, and ADA Complaints: byron.bethards@corvallis.k12.or.us

This Institution is an equal opportunity provider.

September 2025	October 2025	November 2025	December 2025	January 2026	February 2026	March 2026	April 2026	May 2026	June 2026
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5 6	1 2 3 4	1	30 1 2 3 4 5 6	1 2 3		1 2 3 4 5 6 7	1 2 3 4	1 2	31 1 2 3 4 5 6
7 8 9 10 11 12 13	5 6 7 8 9 10 11	2 3 4 5 6 7 8	7 8 9 10 11 12 13	4 5 6 7 8 9 10	1 2 3 4 5 6 7	8 9 10 11 12 13 14	5 6 7 8 9 10 11	3 4 5 6 7 8 9	7 8 9 10 11 12 13
14 15 16 17 18 19 20	12 13 14 15 16 17 18	9 10 11 12 13 14 15	14 15 16 17 18 19 20	11 12 13 14 15 16 17	8 9 10 11 12 13 14	15 16 17 18 19 20 21	12 13 14 15 16 17 18	10 11 12 13 14 15 16	14 15 16 17 18 19 20
21 22 23 24 25 26 27	19 20 21 22 23 24 25	16 17 18 19 20 21 22	21 22 23 24 25 26 27	18 19 20 21 22 23 24	15 16 17 18 19 20 21	22 23 24 25 26 27 28	19 20 21 22 23 24 25	17 18 19 20 21 22 23	21 22 23 24 25 26 27
28 29 30	26 27 28 29 30 31	23 24 25 26 27 28 29	28 29 30	25 26 27 28 29 30 31	22 23 24 25 26 27 28	29 30 31	26 27 28 29 30	24 25 26 27 28 29	28 29 30