

Corvallis Junior High School Menu 2026-2027

Visit LINQConnect.com for Full Menu Offerings and Nutritional Information



Corvallis
SCHOOL DISTRICT

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Week 1	French Toast Sticks w/Sausage Breakfast Pizza Assorted Breakfast Cereal V GF	Assorted Waffles V Assorted Breakfast Sandwiches P V Assorted Breakfast Cereal V GF	Yogurt Parfait V Breakfast Burrito Assorted Breakfast Cereal V GF	Freshly Baked Cinnamon Roll V Tater Tot Breakfast Bake P Assorted Breakfast Cereal V GF	Whole Grain Donuts V Assorted Breakfast Sandwiches P V Assorted Breakfast Cereal V GF	Additional Meal Prices Breakfast: \$2.80 Lunch: \$3.85 Milk: \$1.00 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 1/2 cup of a fruit or vegetable.</u> Lunch: At least 3 of the 5 meal components offered including <u>at least a 1/2 cup of fruit or vegetable.</u> 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.
	Cheesy Stuffed Breadsticks & Marinara V Chicken Patty or Spicy Chicken Patty Sandwich & Fries DF	Hot Italian Sub P Popcorn Chicken and Fries DF	Chicken Stir Fry DF Hamburger DF or Cheeseburger & Fries	Assorted Homemade Pizza V P Chicken & Waffles	Turkey Hot Dog & Fries DF Nacho Bar V DF GF		
Week 2	French Toast Sticks w/Sausage Breakfast Pizza Assorted Breakfast Cereal V GF	Assorted Waffles V Assorted Breakfast Sandwiches P V Assorted Breakfast Cereal V GF	Yogurt Parfait V Breakfast Burrito Assorted Breakfast Cereal V GF	Freshly Baked Cinnamon Roll V Tater Tot Breakfast Bake P Assorted Breakfast Cereal V GF	Whole Grain Donuts V Assorted Breakfast Sandwiches P V Assorted Breakfast Cereal V GF	Additional Meal Prices Breakfast: \$2.80 Lunch: \$3.85 Milk: \$1.00 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 1/2 cup of a fruit or vegetable.</u> Lunch: At least 3 of the 5 meal components offered including <u>at least a 1/2 cup of fruit or vegetable.</u> 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 or Spicy Chicken Patty Sandwich & Fries DF	Loaded Cheese Fries V Chicken Corndog & Fries DF	Sweet & Sour Chicken Over Rice DF Hamburger DF or Cheeseburger & Fries	Assorted Homemade Pizza V P Carolina BBQ Rubbed Chicken w/Potato Wedges DF	Cheesy Garlic Toast w/Marinara V Nacho Bar V DF GF		
Week 3	French Toast Sticks w/Sausage Breakfast Pizza Assorted Breakfast Cereal V GF	Assorted Waffles V Assorted Breakfast Sandwiches P V Assorted Breakfast Cereal V GF	Yogurt Parfait V Breakfast Burrito Assorted Breakfast Cereal V GF	Freshly Baked Cinnamon Roll V Tater Tot Breakfast Bake P Assorted Breakfast Cereal V GF	Whole Grain Donuts V Assorted Breakfast Sandwiches P V Assorted Breakfast Cereal V GF	Additional Meal Prices Breakfast: \$2.80 Lunch: \$3.85 Milk: \$1.00 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 1/2 cup of a fruit or vegetable.</u> Lunch: At least 3 of the 5 meal components offered including <u>at least a 1/2 cup of fruit or vegetable.</u> 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.
	Tex Mex Bowl GF Chicken Patty or Spicy Chicken Patty Sandwich & Fries DF	Pasta w/Meat Sauce DF Chicken Nuggets and Fries DF	Teriyaki Chicken Over Rice DF Hamburger DF or Cheeseburger & Fries	Assorted Homemade Pizza V P Brunch for Lunch	Warm Cheesy V or Hot Dog Wrap Nacho Bar V DF GF		
Week 4	French Toast Sticks w/Sausage Breakfast Pizza Assorted Breakfast Cereal V GF	Assorted Waffles V Assorted Breakfast Sandwiches P V Assorted Breakfast Cereal V GF	Yogurt Parfait V Breakfast Burrito Assorted Breakfast Cereal V GF	Freshly Baked Cinnamon Roll V Tater Tot Breakfast Bake P Assorted Breakfast Cereal V GF	Whole Grain Donuts V Assorted Breakfast Sandwiches P V Assorted Breakfast Cereal V GF	Additional Meal Prices Breakfast: \$2.80 Lunch: \$3.85 Milk: \$1.00 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 1/2 cup of a fruit or vegetable.</u> Lunch: At least 3 of the 5 meal components offered including <u>at least a 1/2 cup of fruit or vegetable.</u> 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 or Spicy Chicken Patty Sandwich & Fries DF	Mac & Cheese w/Popcorn Chicken Mini Corndogs w/Fries DF	Orange Chicken Over Rice DF Hamburger DF or Cheeseburger & Fries	Assorted Homemade Pizza V P Potato Bar V	Pretzel w/Cheese Sauce & Tater Tots 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 2026	October 2026	November 2026	December 2026	January 2027	February 2027	March 2027	April 2027	May 2027	June 2027
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	1 2 3	1 2 3 4 5 6 7	1 2 3 4 5	1 2	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3	2 3 4 5 6 7 8	1 2 3 4 5
6 7 8 9 10 11 12	4 5 6 7 8 9 10	8 9 10 11 12 13 14	6 7 8 9 10 11 12	3 4 5 6 7 8 9	7 8 9 10 11 12 13	7 8 9 10 11 12 13	4 5 6 7 8 9 10	9 10 11 12 13 14 15	6 7 8 9 10 11 12
13 14 15 16 17 18 19	11 12 13 14 15 16 17	15 16 17 18 19 20 21	13 14 15 16 17 18 19	10 11 12 13 14 15 16	14 15 16 17 18 19 20	14 15 16 17 18 19 20	11 12 13 14 15 16 17	16 17 18 19 20 21 22	13 14 15 16 17 18 19
20 21 22 23 24 25 26	18 19 20 21 22 23 24	22 23 24 25 26 27 28	20 21 22 23 24 25 26	17 18 19 20 21 22 23	21 22 23 24 25 26 27	21 22 23 24 25 26 27	18 19 20 21 22 23 24	23 24 25 26 27 28 29	20 21 22 23 24 25 26
27 28 29 30	25 26 27 28 29 30 31	29 30	27 28 29 30 31	24 25 26 27 28 29 30	28	28 29 30 31	25 26 27 28 29 30 1	30 31	27 28 29 30