

Corvallis School District Elementary Menu 2023-2024

Garfield & Letitia Carson Elementary

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Week 1	Assorted Breakfast Cereal V Apple Slices Fruit Assortment Cheese Rippers V Celery Orange Slices Turkey & Cheese Sandwich w/ Lettuce	Cereal Bars V Cranberries Fruit Assortment Bean & Cheese Enchilada Carrots Apple Ham & Cheese Sandwich P	Freshly Baked Cinnamon Roll V Orange Slices Fruit Assortment Spaghetti & Meatballs w/ Breadstick Cucumber Pears Turkey & Cheese Sandwich w/ Lettuce	Bagel w/ Cream Cheese 100% Juice Fruit Assortment Vegetarian Chili w/ Corn Muffin GF V Cauliflower Applesauce Ham & Cheese Sandwich P	Apple Frudel & Orange Slices Fruit Assortment Moo Lunch V Broccoli Apple Turkey & Cheese Sandwich w/ Lettuce
	Benefit Bar V Apple Slices Fruit Assortment Chicken Patty Sandwich w/ Lettuce DF Celery Orange Slices Turkey & Cheese Sandwich w/ Lettuce	Bagel w/ Cream Cheese 100% Juice Banana Fruit Assortment Turkey Hot Dog DF Carrots Apple Ham & Cheese Sandwich P	Breakfast Round V Orange Slices Fruit Assortment Cheese Pizza Cucumber Pears Turkey & Cheese Sandwich w/ Lettuce	Assorted Breakfast Cereal V 100% Juice Apple Slices Hamburger DF Cauliflower Applesauce Ham & Cheese Sandwich P	Assorted Muffins V Orange Slices Fruit Assortment Mini Corn Dogs DF Broccoli Apple Turkey & Cheese Sandwich w/ Lettuce
Week 2	Assorted Breakfast Cereal V Apple Slices Fruit Assortment Chicken Nuggets w/Breadstick Celery Orange Slices Turkey & Cheese Sandwich w/ Lettuce	Cereal Bars V Cranberries Fruit Assortment Teriyaki Chicken & Rice DF Carrots Apple Ham & Cheese Sandwich P	Freshly Baked Cinnamon Roll V Orange Slices Fruit Assortment Chicken Bruschetta Pasta Cucumber & Tomato Pears Turkey & Cheese Sandwich w/ Lettuce	Bagel w/ Cream Cheese 100% Juice Fruit Assortment Chicken Strips & Breadsticks DF Cauliflower Applesauce Ham & Cheese Sandwich P	Apple Frudel & Orange Slices Fruit Assortment Munch Lunch w/ Corn Dog DF Broccoli Apple Turkey & Cheese Sandwich w/ Lettuce
	Benefit Bar V Apple Slices Fruit Assortment Hamburger DF Celery Orange Slices Turkey & Cheese Sandwich w/ Lettuce	Bagel w/ Cream Cheese 100% Juice Banana Fruit Assortment Fish & Chips DF Carrots Apple Ham & Cheese Sandwich P	Breakfast Round V Orange Slices Fruit Assortment Mac & Cheese Cucumber & Tomato Pears Turkey & Cheese Sandwich w/ Lettuce	Assorted Breakfast Cereal V 100% Juice Apple Slices Turkey Hot Dog DF Cauliflower Applesauce Ham & Cheese Sandwich P	Assorted Muffins V Orange Slices Fruit Assortment Trail Pack Lunch w/Local Hummus & Tortilla Chips DF GF V+ Broccoli Apple Turkey & Cheese Sandwich w/
Week 3	Assorted Breakfast Cereal V Apple Slices Fruit Assortment Chicken Nuggets w/Breadstick Celery Orange Slices Turkey & Cheese Sandwich w/ Lettuce	Cereal Bars V Cranberries Fruit Assortment Teriyaki Chicken & Rice DF Carrots Apple Ham & Cheese Sandwich P	Freshly Baked Cinnamon Roll V Orange Slices Fruit Assortment Chicken Bruschetta Pasta Cucumber & Tomato Pears Turkey & Cheese Sandwich w/ Lettuce	Bagel w/ Cream Cheese 100% Juice Fruit Assortment Chicken Strips & Breadsticks DF Cauliflower Applesauce Ham & Cheese Sandwich P	Apple Frudel & Orange Slices Fruit Assortment Munch Lunch w/ Corn Dog DF Broccoli Apple Turkey & Cheese Sandwich w/ Lettuce
	Benefit Bar V Apple Slices Fruit Assortment Hamburger DF Celery Orange Slices Turkey & Cheese Sandwich w/ Lettuce	Bagel w/ Cream Cheese 100% Juice Banana Fruit Assortment Fish & Chips DF Carrots Apple Ham & Cheese Sandwich P	Breakfast Round V Orange Slices Fruit Assortment Mac & Cheese Cucumber & Tomato Pears Turkey & Cheese Sandwich w/ Lettuce	Assorted Breakfast Cereal V 100% Juice Apple Slices Turkey Hot Dog DF Cauliflower Applesauce Ham & Cheese Sandwich P	Assorted Muffins V Orange Slices Fruit Assortment Trail Pack Lunch w/Local Hummus & Tortilla Chips DF GF V+ Broccoli Apple Turkey & Cheese Sandwich w/
Week 4	Assorted Breakfast Cereal V Apple Slices Fruit Assortment Chicken Nuggets w/Breadstick Celery Orange Slices Turkey & Cheese Sandwich w/ Lettuce	Cereal Bars V Cranberries Fruit Assortment Teriyaki Chicken & Rice DF Carrots Apple Ham & Cheese Sandwich P	Freshly Baked Cinnamon Roll V Orange Slices Fruit Assortment Chicken Bruschetta Pasta Cucumber & Tomato Pears Turkey & Cheese Sandwich w/ Lettuce	Bagel w/ Cream Cheese 100% Juice Fruit Assortment Chicken Strips & Breadsticks DF Cauliflower Applesauce Ham & Cheese Sandwich P	Apple Frudel & Orange Slices Fruit Assortment Munch Lunch w/ Corn Dog DF Broccoli Apple Turkey & Cheese Sandwich w/ Lettuce
	Benefit Bar V Apple Slices Fruit Assortment Hamburger DF Celery Orange Slices Turkey & Cheese Sandwich w/ Lettuce	Bagel w/ Cream Cheese 100% Juice Banana Fruit Assortment Fish & Chips DF Carrots Apple Ham & Cheese Sandwich P	Breakfast Round V Orange Slices Fruit Assortment Mac & Cheese Cucumber & Tomato Pears Turkey & Cheese Sandwich w/ Lettuce	Assorted Breakfast Cereal V 100% Juice Apple Slices Turkey Hot Dog DF Cauliflower Applesauce Ham & Cheese Sandwich P	Assorted Muffins V Orange Slices Fruit Assortment Trail Pack Lunch w/Local Hummus & Tortilla Chips DF GF V+ Broccoli Apple Turkey & Cheese Sandwich w/



Meal Prices

Breakfast: **\$2.05**

Lunch: **\$3.10**

Milk: **\$0.60**

Offered Daily!

Lunch:
Students have the choice of 1 hot entrée, cold sandwiches or PB&J

Served with **assorted fresh fruits & veggies daily**

Family applications to qualify for Federal Free or Reduced Meals or Oregon EIG can be found on the Corvallis School District website [Food & Nutrition Services](#) page or on the Oregon Dept. of Education website. Paper applications are also accepted.

To add funds to your student's meal account visit the [Titan Family Portal](#) or cash and check are accepted at our schools

Parents are responsible for maintaining sufficient funds in student meal accounts

For information regarding school meals, meal applications and lunch accounts contact:
 Marv Newcombe
 541-757-5859
nutritionservices@corvallis.k12.or.us

Menus are subject to change, please refer to school day calendar for days in session

Dietary Key:

GF: Does not contain gluten ingredients
DF: Does not contain dairy ingredients
P: Contains Pork
V: Vegetarian
V+: Vegan
Fruit & Vegetable always GF DF V+

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:

Jennifer Duvall, Human Resources Director and Title IX Coordinator: jennifer.duvall@corvallis.k12.or.us, 541-757-5840; Melissa Harder, Assistant Superintendent and Title II Coordinator: melissa.harder@corvallis.k12.or.us; Sabrina Wood, Special Education and 504 Coordinator: sabrina.wood@corvallis.k12.or.us; Shawn Bernard, Assistant Special Education and ADA Coordinator: shawn.bernard@corvallis.k12.or.us

This Institution is an equal opportunity provider.

September 2023							October 2023							November 2023							December 2023							January 2024							February 2024							March 2024							April 2024							May 2024							June 2024																		
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