


# OCTOBER 2019

# ELEMENTARY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Milk</b>  <b>Lochmead Dairy</b>                      All milk served is 1% or non-fat flavored or unflavored milk.                 </div>	<b>1</b> Bagel w/Cream Cheese Pears #1 Meaty Spaghetti w/Veggie Sauce & French Bread #2 Deli Ham & Cheese Sandwich #3 *Peanut Butter & Jelly Sandwich	<b>2</b> <b>Freshly Baked Fruit Bread</b> Applesauce #1 *French Toast Sticks w/Berry Patch Smoothie #2 Rice w/Cheese (*Arroz con Queso ) #3 *Peanut Butter & Jelly Sandwich	<b>3</b> <b>Biscuit</b> Raisins #1 *3 Bean Chili w/Cornbread #2 Chicken Tenders w/Dinner Roll #3 *Peanut Butter & Jelly Sandwich	<b>4</b> Freshly Baked Maple Roll Fruit #1 Southwest Nacho Bar #2 *Homemade Local Veggie Burger #3 *Peanut Butter & Jelly Sandwich
<b>7</b> Apple Delight Apple Juice #1 Mac & Cheese w/Chicken Mega Bites #2 Deli Turkey & Cheese Sandwich #3 *Peanut Butter & Jelly Sandwich	<b>8</b> Benefit Bar Mixed Fruit #1 <b>Hawaiian Pork w/Roll &amp; Macaroni Salad</b> #2 *Cheesy Garlic Bread w/Marinara #3 *Peanut Butter & Jelly Sandwich	<b>9</b> Freshly Baked Pumpkin Cranberry Bar Banana #1 Weiner Wrap #2 <b>Chicken Pot Pie</b> #3 *Peanut Butter & Jelly Sandwich	<b>10</b> Freshly Baked Breakfast Round Orange Wedges #1 *Bean & Cheese Burrito #2 <b>Flat Bread Pizza w/Roasted Veggies</b> #3 *Peanut Butter & Jelly Sandwich	<b>11</b> Belgian Waffle Fruit <i>No School Philomath</i> #1 <b>Fish Stick &amp; Chips</b> #2 Hamburger #3 *Peanut Butter & Jelly Sandwich
<b>14</b> Buttermilk Bar Orange Juice #1 Chicken Patty Sandwich #2 Hot Italian Sandwich #3 *Peanut Butter & Jelly Sandwich	<b>5</b> Bagel w/Cream Cheese Orange Wedges #1 *Toasted Cheese Sandwich #2 <b>Flat Bread Pizza – BBQ Chicken</b> #3 *Peanut Butter & Jelly Sandwich	<b>16</b> Blueberry Muffin Banana #1 Pancakes w/Pork Sausage Links #2 <b>Vegetable Beef Soup w/Cheesy Bread</b> #3 *Peanut Butter & Jelly Sandwich	<b>17</b> <b>Mini Breakfast Bites</b> Peaches #1 *Cheesy Quesadilla #2 <b>Tangy Hot Chicken Sandwich</b> #3 *Peanut Butter & Jelly Sandwich	<b>18</b> Freshly Baked Maple Roll Fruit <i>No School Philomath</i> <div style="text-align: center;"> <b>Munch Lunch</b>                      w/ Chicken Corndog                      or                      *Peanut Butter &amp; Jelly Sandwich  <i>Fresh Baked Cookie</i> </div>
<b>21</b> Apple Delight Apple Juice #1 Hamburger #2 Chicken Fajita Rice Bowl w/Beans #3 *Peanut Butter & Jelly Sandwich	<b>22</b> Croissant w/Cream Cheese Orange Wedges #1 Chicken Pozole w/Breadstick #2 <b>*Enchiladas</b> #3 *Peanut Butter & Jelly Sandwich	<b>23</b> <b>Yogurt &amp; Granola</b> Blueberries #1 Handmade Pepperoni Pizza #2 Handmade Cheese/Veggie Pizza #3 *Peanut Butter & Jelly Sandwich	<b>24</b> Breakfast Round Applesauce #1 *Toasted Cheese Sandwich #2 <b>Salisbury Steak w/Mashed Potatoes &amp; Biscuit</b> #3 *Peanut Butter & Jelly Sandwich	<b>25</b> Freshly Baked Cinnamon Roll Fruit #1 *Moo Lunch (Yogurt w/String Cheese & Crackers) #2 <b>Turkey &amp; Cheese Sandwich</b> #3 *Peanut Butter & Jelly Sandwich
<b>28</b> Buttermilk Bar Orange Juice #1 Pork Taco w/Tortilla Chips #2 Chicken Patty Sandwich #3 *Peanut Butter & Jelly Sandwich	<b>29</b> Bagel w/Cream Cheese Pears #1 Meaty Spaghetti w/Veggie Sauce & French Bread #2 Deli Ham & Cheese Sandwich #3 *Peanut Butter & Jelly Sandwich	<b>30</b> <b>Freshly Baked Fruit Bread</b> Applesauce <i>No School Corvallis</i> #1 *French Toast Sticks w/Berry Patch Smoothie #2 Rice w/Cheese (*Arroz con Queso ) #3 *Peanut Butter & Jelly Sandwich	<b>31</b> <b>Biscuit</b> Raisins <i>No School Corvallis</i> #1 *3 Bean Chili w/Cornbread #2 Chicken Tenders w/Dinner Roll #3 *Peanut Butter & Jelly Sandwich	<div style="text-align: center;"> <b>LOCHMEAD</b>                      Variety Low Fat Milk                      Served With Every Meal                      </div> <div style="border: 1px solid black; padding: 10px; text-align: center; margin-top: 10px;"> <b>Eat Breakfast</b>                      For a  <b>GREAT START</b> </div>

~ Menu Subject to Change ~

This institution is an equal opportunity provider.

9/11/2019 9:53 AM