



# TREE FRUITS






## ELEMENTARY SCHOOL MENU

October 2016



USDA and Reynolds School District are equal opportunity providers

BREAKFAST INCLUDES: FRUIT, 100% JUICE & LOW-FAT MILK - OTHER DAILY ENTRESS: COLD CERAL WITH YOGURT				
BREAKFAST MENU				
Monday	Tuesday	Wednesday	Thursday	Friday
Turkey Sausage Pancake Wrap	Breakfast Burrito	Chicken Sausage Biscuit	Turkey Sausage Breakfast Pizza	French Toast Sticks
ALL LUNCH ENTREES INCLUDE: LOW-FAT MILK, DAILY FRUIT CHOICE AND VEGETABLE CHOICE				
1st & 2nd DAILY LUNCH ENTRÉE CHOICE				
Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Nuggets w/Roll or Stuffed Mozzarella Sticks w/Marinara Sauce Seasoned Green Beans	4 Hot Dog on ww Bun or Pasta Bake w/Breadstick Carrots	5 Pizza or Toasty Cheese Sandwich Tater Tots	NATIONAL NOODLE DAY  6 Cheeseburger or Spaghetti WW Roll Roasted Beans	7 Bean & Cheese Burrito or Sweet & Sour Chicken w/ Asian Brown Rice Broccoli
10 Macaroni & Cheese w/Roll or Chicken Nuggets w/Roll Broccoli	11 Corn Dog or Pizza Wrap Cauliflower	12 Pizza or Turkey Chili w/Cornbread Seasoned Corn	13 Chicken Burger or Meatball Sub Cinnamon Sweet Potatoes	14 <b>NO SCHOOL</b>
17 Chicken Nuggets w/Roll or Soft Pretzle w/Cheese Sauce Broccoli	18 Hot Dog on ww Bun or Turkey Pepperoni Pizza Pasta Bake w/Breadstick Carrot Fries	<b>NO SCHOOL</b>		
24 Macaroni & Cheese w/Roll or Chicken Nuggets w/Roll Tots	25 Corn Dog or Chicken Parmesan w/Rotini Broccoli	26 Pizza or Mashed Potato Chicken Bowl Carrots	27 Chicken Burger or Turkey & Cheese Fold Marinated Cucumbers	28 Chicken & Cheese Quesadilla or Turkey Soft Taco Black Beans
31 Chicken Nuggets w/Roll or Stuffed Mozzarella Sticks w/Marinara Sauce Seasoned Green Beans <b>Cookie Day!</b> <b>HAPPY HALLOWEEN</b>  				

\*The Menu is subject to change without notice due to product availability and market conditions.\*



Mealtime Online! Check your student's balance, see meal history, Or deposit to his/her account.  
 Apply for Meal Benefits too! [www.reynolds.k12.or.us](http://www.reynolds.k12.or.us)  
 Under the "Department" Tab. See our electronic menus as well!

\*Fruit & Yogurt Parfait w/Granola offered daily as 3rd entrée



**ELEMENTARY MEALS:**  
**Breakfast Full: \$1.15 / Free or Reduced \$0 Milk ala cart \$ .50**  
 A full student breakfast includes a choice of entrée supplying protein and grain, one (1) fruit side dish, and a choice of milk. Milk choices include 1% white. Fruit/fruit juice are required as one of the 3.  
**Lunch - Full \$2.60 / Free or Reduced \$0 Milk ala cart \$ .50**  
 A full student lunch includes a choice of entrée supplying protein and grain, two (1) vegetable side dishes, one (1) fruit side dish, and a choice of milk. Milk choices include 1% white and skim chocolate. Fruit and/or veggies are required as one of the 3.  
**CEP Schools- Alder, Davis, Fairview, Glenfair, Hartley, Salish, Scott & Wilkes- No charge for breakfast and lunch daily.**

Go to [MyPlate.gov](http://MyPlate.gov) for online personal wellness resources for you and your family.

Questions or comments? Please call Christy Foote, Nutrition Services Coordinator for Reynolds School District, at 503-661-7200.