



**SIMPLY GOOD**



**HAPPY NEW YEAR**

**Reynolds**  
School District

**ELEMENTARY SCHOOL MENU**



**January 2017**

USDA and Reynolds School District are equal opportunity providers and employers.

BREAKFAST INCLUDES: FRUIT, 100% JUICE & LOW-FAT MILK - OTHER DAILY ENTRESS: COLD CERAL WITH YOGURT				
BREAKFAST MENU				
Monday	Tuesday	Wednesday	Thursday	Friday
Muffin	Turkey Sausage Pancake Wrap	Scrambled Eggs & 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
No School <sup>2</sup>	Hot Dog on ww Bun <sup>3</sup> or Spaghetti & Meat Sauce w/Roll  Green Beans	Pizza <sup>4</sup> or Toasty Cheese Sandwich  Corn	Cheeseburger <sup>5</sup> or Turkey Macho Nacho  Refried Beans	Bean & Cheese Burrito <sup>6</sup> or Sweet & Sour Chicken w/ Asian Brown Rice Broccoli
Macaroni & Cheese w/Roll <sup>9</sup> or Chicken Nuggets w/Roll  Carrots	Corn Dog <sup>10</sup> or Pizza Wrap  Green Beans	Pizza <sup>11</sup> or Turkey Chili w/Cornbread  Fresh Broccoli	Chicken Burger <sup>12</sup> or Pasta Bake w/Breadstick  Roasted Garbanzo Beans	Chicken & Cheese Quesadilla <sup>13</sup> or Scrambled Eggs Biscuit Tots
No School <sup>16</sup>	Hot Dog on ww Bun <sup>17</sup> or Meatball Parmesan on Bun  Green Beans	Pizza <sup>18</sup> or Swedish Meatballs w/Rotini Pasta WW Roll  Carrots	Cheeseburger <sup>19</sup> or Popcorn Chicken Bowl  Mashed Potatoes	Bean & Cheese Burrito <sup>20</sup> or BBQ Chicken w/Brown Rice  Spicy Pinto Beans
Macaroni & Cheese w/Roll <sup>23</sup> or Mozzarella Sticks w/Marinara Sauce  Green Beans	Corn Dog <sup>24</sup> or Chicken Parmesan w/Rotini WW Roll  Carrots	Pizza <sup>25</sup> or Turkey Gravy w/Roll  Mashed Potatoes Cookie Day!	Chicken Burger <sup>26</sup> or Orange Chicken w/Brown Rice  Broccoli	Chicken & Cheese Quesadilla <sup>27</sup> or Chicken Taco & Cheese Stuffed Sandwich  Refried Beans
Chicken Nuggets w/Roll <sup>30</sup> or Turkey & Cheese Sandwich  Corn	Hot Dog on ww Bun <sup>31</sup> or Spaghetti & Meat Sauce w/Roll  Green Beans			

\*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.**

**Woodland Elem- No Charge for Breakfast.**

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.