



BREAKFAST OPTIONS INCLUDES: FRUIT, 100% JUICE & LOW-FAT MILK				
ALL LUNCH ENTREES INCLUDE: LOW-FAT MILK, DAILY FRUIT CHOICE AND VEGETABLE CHOICE				
Monday	Tuesday	Wednesday	Thursday	Friday
31-Dec	1-Jan	2-Jan	3-Jan	4-Jan
No School	No School	No School	No School	No School
7 Mini Waffles or Cereal Golden Whole Grain Corn Dog Or Spicy Chicken or Regular Chicken Burger on a WG Bun Baked Beans Mixed Fruit Milk Choice	8 Biscuit Sandwich w/Cheese, Turkey Sausage & Egg or Cereal Turkey Gravy & Whipped Potato with Whole Wheat Dinner Roll Or WG Mozzarella sticks w/ Pizza dipping sauce Steamed Broccoli Mandarin Oranges Milk Choice	9 Pancake on a stick or Cereal Turkey Club Sandwich on WG Bun Or WG Chicken Pepperoni Pizza Oven Baked Potato Wedges Sliced Apples Milk Choice	10 Whole Wheat French Toast Sticks or Cereal Turkey and Cheese Nacho W/ WG Tortilla Chips Or Whole Grain Chicken Nuggets & Whole Wheat Dinner Roll Baby Carrots Sliced Strawberries Milk Choice	11 Turkey Sausage Breakfast Pizza or Cereal WG Sweet & Sour Chicken w/ Brown Rice Or Chicken & Cheese Quesadilla on Whole Wheat Wrap Green Beans Fresh Pear Milk Choice
14 Pancake Minis or Cereal Cheeseburger on WG Bun Or WW French Toast Sticks W/ Turkey Sausage Green Beans Peach cup Milk Choice	15 Biscuit Sandwich w/Cheese, Turkey Sausage & Egg or Cereal Beef Hot dog on a whole wheat bun Or Chicken Caesar Salad w/ WG Dinner Roll Steamed Broccoli Raspberries Milk Choice	16 Assorted Quick Bread or Cereal Beef & Bean Chili W/ WG Dinner Roll Or WG Hawaiiin Pizza Roasted Carrot Fries Kiwi Milk Choice	17 Blueberry Muffin w/String Cheese or Cereal Italian Beef Meatball Sub on WG Hoagie Or WG Bean & Cheese Burrito Green Peas Sliced Strawberries Milk Choice	18 Turkey Sausage Breakfast Pizza or Cereal Bean & Cheese Enchilada Or WG BBQ Teriyaki Chicken w/ Brown Rice Vegetarian Refried beans Fresh Orange Milk Choice
21 NO SCHOOL Martin Luther King Holiday 	22 Biscuit Sandwich w/Cheese, Turkey Sausage & Egg or Cereal WG Mozzarella sticks w/ Pizza dipping sauce Or Chicken Caesar Salad w/ WG Dinner Roll Steamed Broccoli Mixed Fruit Milk Choice	23 Pancake on a stick or Cereal Turkey Club Sandwich Or WG Chicken Pepperoni Pizza Sweet Potato Waffle Fry Sliced Apples Milk Choice	24 Whole Wheat French Toast Sticks or Cereal Turkey & Cheese Nacho w/ Salsa Or Turkey Ham & Cheese on WG Hoagie Green Peas Strawberry Cup Milk Choice	25-Jan Turkey Sausage Breakfast Pizza or Cereal Chicken & Cheese Quesadilla on Whole Wheat Wrap Or WG Sweet and Sour Chicken w/ Brown Rice Vegetarian Baked Beans Fresh Pear Milk Choice
28 Pancake Minis or Cereal Cheeseburger on WG Bun Or Beef Meatball Sub Green Beans Peach cup Milk Choice	29 Biscuit Sandwich w/Cheese, Turkey Sausage & Egg or Cereal Chicken Ranch Flatbread Or Turkey Taco Salad Broccoli Raspberries Milk Choice	30 Assorted Quick Bread or Cereal Whole Grain Chicken Nuggets & Whole Wheat Dinner Roll Or WG Hawaiiin Pizza Roasted Carrot Fries Kiwi Milk Choice	31 Blueberry Muffin w/String Cheese or Cereal Turkey Ham & Cheese Flatbread Melt Or Philly Steak and Cheese Sandwich Corn Sliced Strawberries Milk Choice	1-Feb Turkey Sausage Breakfast Pizza or Cereal Turkey Taco Grilled Cheese Sandwich Or WG Mandarin Chicken w/ Brown Rice Vegetarian Refried beans Fresh Orange Milk Choice

ELEMENTARY MEALS:

Breakfast Full: \$1.30 / Free or Reduced \$0

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 and skim chocolate. Fruit/fruit juice are required as one of the 3.

Lunch – Full \$2.75 / Free or Reduced \$0

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/fruit juice 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 is offering a no charge breakfast.



Go to MyPlate.gov for online personal wellness resources for you and your family.

Questions or comments? Please contact Nutrition Services for Reynolds School District, at 503-491-3413.



Check out SchoolCafe! Check your student's balance, see meal history, Or deposit to his/her account www.schoolcafe.com

Apply for Meal Benefits at www.reynolds.k12.or.us

Under the "Department" Tab. See our electronic menus as well!