

BEND

October 2022 Menu



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| 3 | 4 | 5 | 6 | 7 |
| Breakfast Grab & Go | Breakfast Grab & Go | Breakfast Grab & Go | Breakfast Grab & Go | Breakfast Grab & Go |
| Lunch Teriyaki Chicken Steamed Rice Steamed Carrots | Lunch Chef Salad Breadstick | Lunch Twisty Chicken Alfredo Steamed Broccoli Garlic Bread | Lunch Ham & Cheese Sandwich Romaine Salad w/ Tomatoes | Lunch Chicken Nuggets Steamed Carrots Mashed Potatoes w/Gravy Biscuit |
| 10 | 11 | 12 | 13 | 14 |
| Breakfast Grab & Go | Breakfast Grab & Go | Breakfast Grab & Go | Breakfast Grab & Go | Breakfast Grab & Go |
| Lunch Rowdy Rib Sandwich Baked Beans Baby Carrots w/ Ranch | Lunch Tuna Sandwich Broccoli Buds w/ Ranch Chips | Lunch Spaghetti Green Beans Garlic Bread | Lunch Deli Croissant w/ Spinach Celery Sticks w/ Peanut Butter Chips | Field Trip Lunch Pb&j Sandwich String Cheese Baby Carrots Graham Cracker |
| 17 | 18 | 19 | 20 | 21 |
| Breakfast Pancakes & Sausage | Breakfast Bagel W/ Cream Cheese | Breakfast Breakfast Burrito | Breakfast Yogurt & Granola | Breakfast Cinnamon Roll |
| Lunch Xtreme Bean & Cheese Burritos Steamed Corn | Lunch Beef Tacos Beans & Cheese Steamed Corn | Lunch Grilled Ham & Cheese Celery Sticks w/ Peanut Butter | Lunch Oriental Chicken Bowl Mixed Veggies | Lunch Turkey & Cheese Lunchable Baby Carrots |
| 24 | 25 | 26 | 27 | 28 |
| Breakfast Grab & Go | Breakfast Grab & Go | Breakfast Grab & Go | Breakfast Grab & Go | Breakfast Grab & Go |
| Lunch Mini Corn Dogs Baked Beans French Fries | Lunch Deli Wrap w/ Spinach Dill Pickle Chips | Lunch Mac & Cheese Green Beans Dinner Roll | Lunch Chicken Salad Breadstick | Lunch Pepperoni Pizza Romaine Salad w/ Tomatoes & Kidney Beans |
| 31 | <div style="text-align: center;"> <h3>Fall Festival</h3> <p>October 28th.</p> </div> | | | |
| Breakfast Grab & Go | | | | |
| Lunch Mummy Dogs French Fries Baby Carrots | | | | |

Prepayment of meals is welcomed and encouraged. Cash or checks are accepted in the cafeteria, the amount tendered will be applied to your child's meal account.

PAY YOUR BILL ONLINE!

Online payment options for student meal accounts are available at:
<https://family.titan.com/Y439EE>

The District Wellness Policy is available for viewing at:
www.evergreenusd.org

Applications for free and reduced meals can be completed at any time during the school year. ALL students who qualify for free or reduced meal prices will receive meals at **NO COST**.

This institution is an equal opportunity provider.

Menu subject to change.

More specific nutritional information is available upon request.

Please call:
(530) 347-3411 ext. 7528
with any questions regarding food service related issues.



BREAKFAST
Free for all students!

LUNCH
Free for all students!

ADULT MEALS
Breakfast: \$2.40
Lunch: \$ 4.25
A la Carte Entree: \$ 1.75

MILK
\$.40

Bottled Water
(available to purchase only with cash or money on account)
\$1.00

Choice of 1% white or nonfat chocolate milk is served with each meal.

Fruit Juice is served additionally with breakfast.

Fresh Fruit is served everyday for both Breakfast and Lunch.

Additional vegetables are always available with every lunch as we are an offer vs. serve program.

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