

November 2007 Middle School Menu

Breakfast			Breakfast Burrito	Breakfast pizza
Lunch			1 Sweet & Sour Pork Rice Bowl	2 Chicken Strips
Breakfast	Maple Sausage pancake	Breakfast Pizza	Breakfast Break Box	Waffle sticks
Lunch	5 Cheese Bread Sticks with marinara sauce	6 Baked Chicken	7 Chicken Fried Rice & ice cream cup	8 Spaghetti With bread sticks
Breakfast		Maple sausage pancake on a stick	Fruit Muffin & String Cheese	Breakfast burrito
Lunch	12 Holiday No School	13 Ravioli & bread Sticks	14 Toasted Cheese sandwich	15 Thanksgiving Dinner Turkey, mashed Potatoes & gravy
Breakfast				16 White Pizza
Lunch	Ham, Egg, & Cheese Breakfast Bar	Waffle Sticks	Read a book!	Take a walk with family and friends!
Breakfast	19 Creamy Macaroni & Cheese	20 BBQ Ribette Sandwich	21 No School	23 Holiday No School
Lunch	Breakfast pizza	French toast Sticks	Breakfast Break Box	Ham, Egg and cheese breakfast bar
	26 Chicken Fajita	27 Lasagna with Bread sticks	28 Cheese/Veggie Quesadillas	29 Baked Pizza Stick
				30 In-service No School

To Promote Student Learning,
Sisters School District Nutrition Services offers
Nutritious Food Choices Kids Like to Eat.

Lunch

Daily Entrée Choices:

- Daily menu selection (see left)
- Pizza
- Cheese Burger or Hamburger
- Chicken Nuggets or Chicken Burger
- Peanut butter sandwich
- Specialty salad
- Deli platter

Available Daily with all Lunches:

- Fresh Salad Bar—choice of fruits, veggies, grains & legumes
- Milk—1% white, skim, 1% chocolate
- Juice—100% Apple or Orange Juice

Breakfast

Available daily with all breakfasts:

- Alternate entrees: Bagel, Yogurt, Cold Cereal
- Fresh & canned fruit, fruit juice
- Milk

Middle school Meal prices

Lunch

Student.....	\$2.50
Reduced.....	\$.40
Adult.....	\$3.75
Milk or juice.....	\$.50

Breakfast

Student.....	\$1.50
Reduced.....	\$.30
Adult.....	\$1.75

Fresh & Healthy

Sisters School District Nutrition Services joins the Farm to School program offering many fruits and vegetables from local or Oregon farms



USDA and the State of Oregon are equal opportunity providers and employers
Menu subject to Change

Free & Reduced Meals Applications

You can save over \$450 per child a year if you qualify for free or reduced priced meals (breakfast & lunch). All grade levels are included. Applications may be turned in any time during the year and are available from your child's school or from the Nutrition Services office. Call 549-4045 ext 1046 with questions. Please note that the free/reduced meal must include the entrée and one other item.