


Bend September 2023 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
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						Breakfast Cini Mini Lunch Cheese Burgers w/ Lettuce & Tomato French Fries	BREAKFAST Free for all students! LUNCH Free for all students!
	4	5	6	7	8		
	Breakfast Mini Waffles Sausage Lunch Deli Sandwich String Cheese Broccoli Buds w/ Ranch Chips	Breakfast Blueberry Muffin Lunch Chick'wich Potato Wedges Mixed Veggies	Breakfast Mini Strawberry Cream Cheese Bagel Lunch Chicken Caesar Wrap Spinach & Tomatoes	Breakfast Buttermilk Biscuit with Jelly Lunch Hot Dog Tater Tots Baked Beans		ADULT MEALS Breakfast: \$2.40 Lunch: \$ 4.25 A la Carte Entree: \$ 1.75 MILK \$.40 Bottled Water <small>(available to purchase only with cash or money on account)</small> \$1.00	
	11	12	13	14	15		
<p>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.</p> <p>PAY YOUR BILL ONLINE! Online payment options for student meal accounts are available at: http://linqconnect.com/</p> <p>The District Wellness Policy is available for viewing at: www.evergreenusd.org</p> <p>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.</p> <p><i>This institution is an equal opportunity provider.</i></p> <p>Menu subject to change.</p> <p>More specific nutritional information is available upon request.</p> <p>Please call: (530) 347-3411 ext. 7533 with any questions regarding food service related issues.</p>	Breakfast Glazed Breakfast Bites Lunch Chicken Tenders Potato Wedges Green Beans	Breakfast Yogurt 1/2 Bagel Lunch Turkey & Spinach Croissant Baby Carrots w/ Ranch	Breakfast Buttermilk Pancakes Lunch Crunchy Chicken Tacos Shred lettuce & Tomatoes Spanish Rice	Breakfast Apple Frudel Strudel Lunch Egg Salad Sandwich Baby Carrots w/ Ranch	Breakfast Chocolate Chip Muffin Lunch Pepperoni Pizza Mixed Green Salad w/ Tomatoes & Kidney Beans	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. Menu subject to change. More specific nutritional information is available upon request.	
	18	19	20	21	22		
	Breakfast Hot or Cold Cereal Lunch Rowdy Rib Sandwich Baked Beans Baby Carrots w/ Ranch	Breakfast Bagel with Cream Cheese Lunch Nachos Black Beans Bell Pepper Slices w/ Ranch	Breakfast Yogurt & Graham Crackers Lunch Macaroni & Cheese Green Salad w/ Romaine	Breakfast Banana Muffin Lunch Deli Sandwich String Cheese Broccoli Buds w/ Ranch Chips	Breakfast Cini Mini Lunch Cheese Burgers w/ Lettuce & Tomato French Fries		
	25	26	27	28	29		
	Breakfast Buttermilk Biscuit & Jelly Lunch Corn Dog French Fries Baby Carrots	Breakfast Blueberry Muffin Lunch Tuna Sandwich Cucumber Slices and Ranch Chips	Breakfast Hot or Cold Cereal Lunch Spaghetti Green Salad Dinner Roll	Breakfast Mini Cinnamon French Toast Lunch Turkey Sub Sandwich w/ Spinach & Tomatoes Pickle Spear Chips	Breakfast Parfait Graham Crackers Lunch Hot Dog Tater Tots Baked Beans Special Treat		