





MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Student B-fast \$1.15 Student Lunch \$2.25 Reduced: FREE Afternoon Snack: FREE</p>				<p>MENUS ARE SUBJECT TO CHANGE. NOTICE WILL BE GIVEN WHEN POSSIBLE MENUS ARE DESIGNED TO MEET USDA NUTRITION STANDARDS</p>
<p>Breakfast 3 1 WGR Cinn. Rice Chex ½ C. Canned Peaches 1 C. 1% or Skim Milk</p> <p>Lunch Turkey & Cream Cheese on WGR Bagel 2.5 oz. Turkey ¼ C. Cinnamon Carrot Salad ¼ C. Applesauce 1 C. 1% or Skim Milk</p> <p>Snack 1 oz. Pretzel Twists ½ C. Orange Smiles 1 C. 1% or Skim Milk</p>	<p>Breakfast 4 Blueberry Yogurt Parfait: 4 oz. Yoplait Vanilla ½ C. Blueberries ½ oz. WGR Cheerios 1 C. 1% or Skim Milk</p> <p>Lunch Turkey & Cheese Roll Up on WGR Tortilla 1.5 oz. Turkey 0.5 oz. Cheese ¼ C. Beans ¼ C. Pineapple Tidbits 1 C. 1% or Skim Milk</p> <p>Snack 1 oz. WGR Goldfish Crackers 1 C. 1% or Skim Milk</p>	<p>Breakfast 5 1 WGR Muffin ½ C. Applesauce 1 C. 1% or Skim Milk</p> <p>Lunch Cheese Sandwich 2 sls. WGR Bread 1.5 oz. Cheese ¼ C. Broccoli Bites w/ Dip ¼ C. Orange Smiles 1 C. 1% or Skim Milk</p> <p>Snack ½ Ham & Cheese Sand 1 sl. WGR Bread 0.5 oz. Cheese 0.63 oz. Ham 1 C. 1% or Skim Milk</p>	<p>Breakfast 6 ½ WGR Blueberry Bagel w/ Cream Cheese ½ C. Orange Smiles 1 C. 1% or Skim Milk</p> <p>Lunch ½ PB&J Sandwich on WGR Bread 1 oz. String Cheese ¼ C. Canned Corn ¼ C. Blueberries 1 C. 1% or Skim Milk</p> <p>Snack 4 oz. Yogurt Cup ½ C. Apple Wedges 1 C. 1% or Skim Milk</p>	<p>Breakfast 7 ½ WGR English Muffin w/ Jam ½ C. Canned Peaches 1 C. 1% or Skim Milk</p> <p>Lunch 1 sl. WGR Cheese Pizza ¼ C. Cucumber Slices ¼ C. Applesauce 1 C. 1% or Skim Milk</p> <p>Snack ½ C. Baby Carrots ½ oz. Club Crackers 1 C. 1% or Skim Milk</p>
<p>Breakfast 10 1 WGR Frosted Mini-Wheats ½ C. Canned Peaches 1 C. 1% or Skim Milk</p> <p>Lunch Turkey & Cream Cheese on WGR Bagel 3 oz. Turkey ¼ C. Baby Carrots ¼ C. Applesauce 1 C. 1% or Skim Milk</p> <p>Snack 1 oz. Pretzel Twists ½ C. Orange Smiles 1 C. 1% or Skim Milk</p>	<p>Breakfast 11 Blueberry Yogurt Parfait 4 oz. Yoplait Vanilla ½ C. Blueberries ½ oz. WGR Cheerios 1 C. 1% or Skim Milk</p> <p>Lunch Poppin' Chicken Salad 6 WGR Popcorn Chicken 0.5 oz. Cheese 1 C. Lettuce ¼ C. Pineapple Tidbits 1 C. 1% or Skim Milk</p> <p>Snack 4 oz. Yogurt Cup ½ C. Apple Wedges 1 C. 1% or Skim Milk</p>	<p>Breakfast 12 1 WGR Muffin ½ C. Applesauce 1 C. 1% or Skim Milk</p> <p>Lunch 2 WGR Cheesy Breadsticks & Marinara ¼ C. Broccoli Bites & Ranch ¼ C. Orange Smiles 1 C. 1% or Skim Milk</p> <p>Snack ½ Turkey & Cheese Sand on WGR Bread .5 oz. Cheese .5 oz. Turkey 1 C. 1% or Skim Milk</p>	<p>Breakfast 13 ½ WGR Blueberry Bagel w/ Cream Cheese ½ C. Orange Smiles 1 C. 1% or Skim</p> <p>Lunch Peachy Yogurt Parfait 4 oz. Yogurt ¼ C. Peaches ½ oz. WGR Cheerios 1 oz. String Cheese ¼ C. Canned Corn 1 C. 1% or Skim Milk</p> <p>Snack 1 oz. WGR Goldfish Crackers 1 C. 1% or Skim Milk COOKIE DAY!! 🍪</p>	<p>Breakfast 14 ½ WGR English Muffin w/ Jam ½ C. Canned Peaches 1 C. 1% or Skim Milk</p> <p>Lunch 1 sl. WGR Cheese Pizza ¼ C. Cucumber Slices ¼ C. Applesauce 1 C. 1% or Skim Milk</p> <p>Snack ½ C. Baby Carrots ½ oz. Club Crackers 1 C. 1% or Skim Milk</p>
	<p>Breakfast 17 Blueberry Yogurt Parfait: 4 oz. Yoplait Vanilla ½ C. Blueberries ½ oz. WGR Cheerios 1 C. 1% or Skim Milk</p> <p>Lunch Turkey & Cheese Roll Up on WGR Tortilla 1.5 oz. Turkey 0.5 oz. Cheese ¼ C. Beans ¼ C. Pineapple Tidbits 1 C. 1% or Skim Milk</p> <p>Snack 1 oz. WGR Goldfish Crackers 1 C. 1% or Skim Milk</p>	<p>Breakfast 18 1 WGR Muffin ½ C. Applesauce 1 C. 1% or Skim Milk</p> <p>Lunch Cheese Sandwich 2 sls. WGR Bread 1.5 oz. Cheese ¼ C. Broccoli Bites w/ Dip ¼ C. Orange Smiles 1 C. 1% or Skim Milk</p> <p>Snack ½ Ham & Cheese Sand 1 sl. WGR Bread 0.5 oz. Cheese 0.63 oz. Ham 1 C. 1% or Skim Milk</p>	<p>Breakfast 20 ½ WGR Blueberry Bagel w/ Cream Cheese ½ C. Orange Smiles 1 C. 1% or Skim Milk</p> <p>Lunch ½ PB&J Sandwich on WGR Bread 1 oz. String Cheese ¼ C. Canned Corn ¼ C. Blueberries 1 C. 1% or Skim Milk</p> <p>Snack 4 oz. Yogurt Cup ½ C. Apple Wedges 1 C. 1% or Skim Milk</p>	<p>Breakfast 21 ½ WGR English Muffin w/ Jam ½ C. Canned Peaches 1 C. 1% or Skim Milk</p> <p>Lunch 1 sl. WGR Cheese Pizza ¼ C. Cucumber Slices ¼ C. Applesauce 1 C. 1% or Skim Milk</p> <p>Snack ½ C. Baby Carrots ½ oz. Club Crackers 1 C. 1% or Skim Milk</p>
<p>Breakfast 24 1 WGR Frosted Mini-Wheats ½ C. Canned Peaches 1 C. 1% or Skim Milk</p> <p>Lunch Turkey & Cream Cheese on WGR Bagel 3 oz. Turkey ¼ C. Baby Carrots ¼ C. Applesauce 1 C. 1% or Skim Milk</p> <p>Snack 1 oz. Pretzel Twists ½ C. Orange Smiles 1 C. 1% or Skim Milk</p>	<p>Breakfast 25 Blueberry Yogurt Parfait 4 oz. Yoplait Vanilla ½ C. Blueberries ½ oz. WGR Cheerios 1 C. 1% or Skim Milk</p> <p>Lunch Poppin' Chicken Salad 6 WGR Popcorn Chicken 0.5 oz. Cheese 1 C. Lettuce ¼ C. Pineapple Tidbits 1 C. 1% or Skim Milk</p> <p>Snack 4 oz. Yogurt Cup ½ C. Apple Wedges 1 C. 1% or Skim Milk</p>	<p>Breakfast 26 1 WGR Muffin ½ C. Applesauce 1 C. 1% or Skim Milk</p> <p>Lunch 2 WGR Cheesy Breadsticks & Marinara ¼ C. Broccoli Bites & Ranch ¼ C. Orange Smiles 1 C. 1% or Skim Milk</p> <p>Snack ½ Turkey & Cheese Sand on WGR Bread .5 oz. Cheese .5 oz. Turkey 1 C. 1% or Skim Milk</p>	<p>Breakfast 27 ½ WGR Blueberry Bagel w/ Cream Cheese ½ C. Orange Smiles 1 C. 1% or Skim</p> <p>Lunch Peachy Yogurt Parfait 4 oz. Yogurt ¼ C. Peaches ½ oz. WGR Cheerios 1 oz. String Cheese ¼ C. Canned Corn 1 C. 1% or Skim Milk</p> <p>Snack 1 oz. WGR Goldfish Crackers 1 C. 1% or Skim Milk COOKIE DAY!! 🍪</p>	<p>Breakfast 28 ½ WGR English Muffin w/ Jam ½ C. Canned Peaches 1 C. 1% or Skim Milk</p> <p>Lunch 1 sl. WGR Cheese Pizza ¼ C. Cucumber Slices ¼ C. Applesauce 1 C. 1% or Skim Milk</p> <p>Snack ½ C. Baby Carrots ½ oz. Club Crackers 1 C. 1% or Skim Milk</p>

Once your student's enrollment is complete within our system you may choose to pay for your student's meals online:
 \$\$\$ Simply go to the www.mymealtime.com website, follow simple on-screen directions. \$\$\$
 Your child may qualify for free or Reduced Meals. Please remember to apply online every school year at:
<https://district.ode.state.or.us/apps/frlapp/default.aspx>