



BLACK-EYED PEAS



KIDNEY BEANS



NAVY BEANS

LEGUMES



SPLIT PEAS



GARBANZO BEANS (CHECKPEAS)






PINTO BEANS

Elmira Elementary Menu



November 2017

This institution is an equal opportunity provider .

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Sloppy Joe on Bun or Turkey & Cheese Sandwich Vegetarian Baked Beans Baby Carrots Chilled Mixed Fruit Orange Wedges Milk	2 Sausage Links & Waffle or Sun Butter & Grape Jelly Sandwich Crispy Tater Tots Dark Green Salad Chilled Peas Milk	3 No School Teacher Work Day
6 Chili Fritos w/Cheese or Pretzel w/ Sun Butter & String Cheese Seasoned Broccoli Baby Carrots Chilled Peas Milk	7 Crispy Chicken Sandwich or Ham & Cheese Sandwich Steamed Golden Corn Dark Green Salad Chilled Peaches Milk	8 BBQ Pork Rib on Bun or Turkey & Cheese Sandwich Vegetarian Baked Beans Baby Carrots Chilled Mixed Fruit Orange Wedges Milk	9 Spaghetti w/Meat Sauce or Sun Butter & Grape Jelly Sandwich Savory Green Beans Dark Green Salad Chilled Peas Milk	10 No School Veteran's Day 
13 Chicken Nuggets w/Roll or Turkey & Cheese Sandwich Baked Beans Baby Carrots Chilled Peas Milk	14 Turkey Corn Dog Ham & Cheese Sandwich Steamed Peas Dark Green Salad Chilled Peaches Milk	15 Salisbury Steak w/Roll or Chicken Caesar Salad w/Roll Whipped Potatoes Baby Carrots Chilled Mixed Fruit Milk	16 Sweet & Sour Chicken w/Brown Rice or Sun Butter & Grape Jelly Sandwich Savory Green Beans Dark Green Salad Chilled Peas Milk	17 Cheese Pizza or Cheeseburger Steamed Broccoli Baby Carrots Chilled Peaches Fresh Apples Milk
20 NO SCHOOL PARENT-TEACHER CONFERENCES	21 NO SCHOOL PARENT-TEACHER CONFERENCES	22 THANKSGIVING BREAK	23 	24 THANKSGIVING BREAK
27 Chicken Nuggets w/Roll Ham & Cheese Sandwich Seasoned Broccoli Baby Carrots Chilled Peas Milk	28 Burrito Supreme Chicken Caesar Salad w/Roll Steamed Golden Corn Dark Green Salad Chilled Peaches Milk	29 Macaroni & Cheese w/Roll or Turkey & Cheese Sandwich Savory Green Beans Baby Carrots Chilled Mixed Fruit Orange Wedges Milk	30 Beef Macho Nachos or Sun Butter & Jelly Sandwich Refried Beans Dark Green Salad Chilled Peas Milk	
Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Assorted Cereal & Mini Bagel or Waffles	Assorted Cereal & Mini Bagel or Apple Frudel	Assorted Cereal & Mini Bagel or Breakfast Cookie	Assorted Cereal & Mini Bagel or Cinnamon Roll	Assorted Cereal & Mini Bagel or Breakfast Burrito

All breakfast entrées include choice of fruit or juice, and 1% white milk or non-fat chocolate milk

Student breakfast \$1.20 paid, Reduced Free**, Free* Student lunch \$2.65 paid, Reduced Free**, Free* (* if qualified)

Adult Breakfast \$2.45 Lunch \$3.25 Milk \$.50

**The Oregon legislature provided funding to eliminate the reduced price payment for School Breakfast and Lunch. For the school year 2017-2018, breakfast and lunch will be accessible at no charge to students who qualify for reduced price meals

A full student lunch includes a choice of entrée supplying protein and grain, up to three (3) vegetable side dishes, one (1) fruit side dish, and milk.

Milk choices include 1% white and Non Fat Chocolate.

We feature a variety of vegetables and fruits including locally grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as beans and other additional choices.

You may qualify for free or reduced price meals.
Applications are available at all schools.
For questions regarding the food service program
you can call the food service office at
(541) 935-8218 Ext. 2

