



BLACK-EYED PEAS



KIDNEY BEANS



NAVY BEANS

LEGUMES



SPLIT PEAS



GARBANZO BEANS
(CHECKPEAS)






PINTO BEANS

Veneta 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

