




WELCOME BACK TO SCHOOL

Veneta Elementary Menu

September 2018

This institution is an equal opportunity provider .

Monday	Tuesday	Wednesday	Thursday	Friday
	4	5	6	7
	Crispy Chicken Sandwich Ham & Cheese Sandwich Baked Beans Dark Green Salad Chilled Peaches Milk	Beef Soft Taco Turkey & Cheese Sandwich Seasoned Corn Baby Carrots Chilled Mixed Fruit Milk	Spaghetti w/Meat Sauce & Roll or Sun Butter & Grape Jelly Sandwich Savory Green Beans Dark Green Salad Chilled Peaches Milk	Pepperoni Pizza or Cheeseburger Seasoned Broccoli Baby Carrots Chilled Peas Fresh Apples Milk
10	11	12	13	14
Chili Fritos w/Cheese Pretzel w/ Sun Butter & String Cheese Potato Wedges Baby Carrots Chilled Pears Milk	Turkey Corn Dog or Ham & Cheese Sandwich Steamed Golden Corn Dark Green Salad Chilled Peaches Milk	Chicken Fajita or Turkey & Cheese Sandwich Vegetarian Baked Beans Baby Carrots Chilled Mixed Fruit Milk	Sausage & Waffles or Sun Butter & Grape Jelly Sandwich Tater Tots Dark Green Salad Chilled Peaches Milk	Cheese Pizza or Cheeseburger Seasoned Broccoli Baby Carrots Chilled Peas Fresh Apples Milk
17	18	19	20	21
Roasted BBQ Chicken w/Roll Pretzel w/Sun Butter & String Cheese Vegetarian Baked Beans Baby Carrots Chilled Pears Milk	Beef Soft Taco or Ham & Cheese Sandwich Savory Green Beans Dark Green Salad Chilled Peaches Milk	Salisbury Steak w/Roll or Chicken Caesar Salad w/Roll Whipped Potatoes Baby Carrots Chilled Mixed Fruit Milk	Crispy Chicken Sandwich or Sun Butter & Grape Jelly Sandwich Steamed Peas Dark Green Salad Chilled Peaches Milk	Pepperoni Pizza or Cheeseburger Seasoned Broccoli Baby Carrots Chilled Peas Fresh Apples Milk
24	25	26	27	28
Chicken Nuggets w/Roll Ham & Cheese Sandwich Savory Green Beans Baby Carrots Chilled Pears Milk	BBQ Shredded Pork Sandwich or Sun Butter & Grape Jelly Sandwich Vegetarian Baked Beans Dark Green Salad Chilled Peaches Milk	Italian Meatball Sub or Turkey & Cheese Sandwich Potato Wedges Baby Carrots Chilled Mixed Fruit Milk	Beef Macho Nachos or Chicken Caesar Salad w/Roll Refried Beans Dark Green Salad Chilled Peaches Milk	Cheese Pizza or Cheeseburger Seasoned Broccoli Baby Carrots Chilled Peas Fresh Apples Milk
BREAKFAST				
Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Assorted Cereal & Graham Crackers or Waffles	Assorted Cereal & Graham Crackers or Apple Frudel	Assorted Cereal & Graham Crackers or Breakfast Cookie	Assorted Cereal & Graham Crackers or Cinnamon Roll	Assorted Cereal & Graham Crackers or Blueberry Muffin
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 \$2.75 paid, Reduced Free**, Free*(* if qualified)**
****The Oregon legislature provided funding to eliminate the reduced price payment for School Breakfast and Lunch. For the school year 2018-2019, 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.

