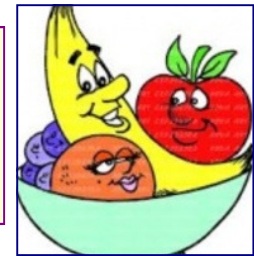


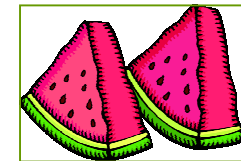
Breakfast 2017-2018 MENU FOR Elementary K-8 Offer vs Serve

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YOGURT & WG BREAKFAST BAR or HOT CEREAL or COLD CEREAL & FRUIT/JUICE & MILK	WG FRENCH TOAST STIX OR HOT CEREAL OR COLD CEREAL & FRUIT/JUICE & MILK	WG BAGEL & CREAM CHEESE OR HOT CEREAL OR COLD CEREAL & FRUIT/JUICE & MILK	WG MINI PANCAKES OR HOT CEREAL OR COLD CEREAL & FRUIT/JUICE & MILK	WG CINNAMON ROLL & CHEESE STICK HOT CEREAL OR COLD CEREAL & FRUIT/JUICE & MILK
CHEESE STICK & WG BREAKFAST BAR or HOT CEREAL or COLD CEREAL & FRUIT/JUICE & MILK	WG FRENCH TOAST STIX OR HOT CEREAL OR COLD CEREAL & FRUIT/JUICE & MILK	WG MUFFIN & CHEESE /YOGURT OR HOT CEREAL OR COLD CEREAL & FRUIT/JUICE & MILK	WG BREAKFAST SANDWICH (SAUSAGE/CHEESE) OR HOT CEREAL OR COLD CEREAL & FRUIT/JUICE & MILK	BREAKFAST ON A STICK HOT CEREAL OR COLD CEREAL & FRUIT/JUICE & MILK

SWEET HOME SCHOOL DISTRICT #55
 1641 LONG STREET
 SWEET HOME, OR 97386
 MILLI HORTON, FOOD SERVICE DIRECTOR
 PH # 541-367-7149



LUNCH PRICES:
 Elem...FREE/Elem 2nd meals—\$2.20
 J.H..... \$2.45 H.S..... \$2.70
 Reduced..... \$.00
 Breakfast...No Charge!!!
 Extra milk—.40



THE FOLLOWING ENTRÉE ITEMS WILL BE OFFERED ON A DAILY BASIS AS AN ALTERNATE CHOICE TO THE SPECIAL ENTRÉE ITEMS LISTED ON EACH DAY ABOVE.

2/3 c HOT OATMEAL & 4 OZ YOGURT or 1 oz Cheese OR
 1 oz COLD CEREAL & 4 OZ YOGURT or 1 oz Cheese

***Cold cereal choices will be comprised of those with 10 grams of sugar or less.*

Each breakfast will offer 4 items: 2 oz GRAINS/BREADS, (or 1 oz G/B & 1 oz Meat/Meat alt), 1 FRUIT/VEG, & 1 Milk.
 For reimbursable breakfasts each child must select:
 Any 3 OF THE 4 items OFFERED (may take all 4.)
 (Minimum 1/2 cup fruit must be taken with each meal.)

EXAMPLE:

- hot or cold cereal & 1 oz cheese stick (2 items) + 1/2 c canned peaches (1 item) = 3 items
- Small Breakfast bar + 4 oz yogurt (2 items) + 1/2 c canned pears(1 item) = 3 items
- Sausage pancake on stick (2 items) + banana (1 item) = 3 items
- French toast or French Toast Sticks (2 items) + milk (1 item) + apple (1 item) = 4 items
- Breakfast Sandwich (2 items: Bread & Meat) + juice (1 item) = 3

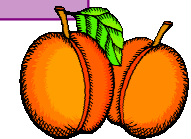
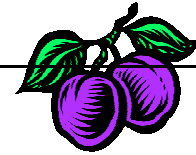
FRUIT CHOICES:
 1 CUP CANNED FRUIT OR
 1 CUP *FRESH FRUIT OR
 1/2 c fruit &
 4 oz.100% FRUIT JUICE

- STUDENT MAY NOT HAVE 2 JUICES.
- Required: Each student must take at least 1/2 cup fruit or juice to qualify for a reimbursable meal.

**Fresh fruit will vary with seasonal availability.*

FLUID MILK CHOICES:
 1% MILK—8 oz.
 Non Fat MILK—8 oz.

***PLEASE NOTE THAT NON-FAT CHOCOLATE MILK IS NO LONGER A CHOICE FOR BREAKFAST DUE TO THE HIGH SUGAR CONTENT. HOWEVER, NON-FAT CHOCOLATE MILK WILL STILL BE OFFERED AT LUNCH.*



FREE BREAKFAST & LUNCH FOR ALL ELEMENTARY STUDENTS IN SWEET HOME SCHOOL DISTRICT.

This year Sweet Home School District Elementary schools are qualified to participate in a new program funded by USDA called the **Community Eligibility Program**. There is no application necessary for your elementary age children.

Extra Milk may be purchased for .40 cents. However an inexpensive alternative for those that prefer to pack their own lunches: Encourage your student to go to the salad bar, select a fruit and a vegetable along with milk. This constitutes a reimbursable lunch and makes your milk and other items free. Because we are operating as Offer vs Serve, for lunch students are only required to take 3 of the 5 items offered to make it reimbursable. One of the three must be 1/2 cup fruit..

WE MAKE EVERY EFFORT TO HAVE ALL MENUED ITEMS AVAILABLE EACH DAY. However, due to forecasting, cost controls, & efforts to control waste, some food items may run out by the time your child makes his/her selections. Should your child not receive their desired item, they can ask for an alternate choice. We apologize for the inconvenience.
 Revised Menu - MH 8/15/16