

# Breakfast 2018-2019 MENU FOR Jr. High 6-8 offer vs serve 2 week cycle menu

| MONDAY   | TUESDAY                          | WEDNESDAY               | THURSDAY                        | FRIDAY                          |
|--|----------------------------------|-------------------------|---------------------------------|---------------------------------|
| Large WG BENEFIT BAR   | WG MINI PANCAKES                 | 2 WG MUFFINS            | CHOCOLATE CHIP BREAKFAST COOKIE | WG CINNAMON ROLL                |
| Large WG BENEFIT BAR   | 2 WG VANILLA FILLED BREAD-STICKS | YOGURT PARFAIT & MUFFIN | HAM & CHEESE SNACK ROLL UP      | FRUIT STREUSEL BREAKFAST SQUARE |
| Any Entrée choice above comes with an optional cheese stick or yogurt cup. |                                  |                         |                                 |                                 |

**SWEET HOME JR. HIGH**  
 880 22ND 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  
**One Breakfast per student...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.

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 4 OZ JUICE & 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) + milk = 4 items
- LG Benefit Bar (2 item) + pear (1 item) = 3 items

### FRUIT CHOICES:

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

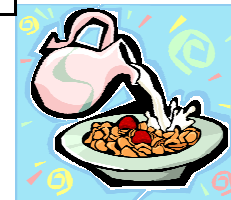
- STUDENT MAY NOT HAVE 2 JUICES.
- Required: Each student must take at least 1/2 cup fruit or juice to qualify for a reimbursable meal.

\*Fresh fruit will vary with seasonal availability.



### FLUID MILK CHOICES:

1% MILK—8 oz.  
 Non Fat MILK—8 oz.



### 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.

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 2018-2019

# BREAKFAST