






# Breakfast 2017-2018 MENU FOR Jr. High 6-8 offer vs serve 2 week cycle menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WG BENEFIT BAR OPT. CHEESE STK	WG FR TOAST STIX	WG BAGEL & CREAM CHEESE	WG BREAKFAST BURRITO	WG CINNAMON ROLL & CHS STICK OR YOGURT
WG BENEFIT BAR OPT. CHEESE STK	WG FR TOAST STIX	2 WG MUFFINS OR 2 MAPLE STKS OPT. CHS STK	WG BREAKFAST SANDWICH	BREAKFAST ON A STICK
				

**SWEET HOME JR. HIGH**  
880 22ND STREET  
SWEET HOME, OR 97386  
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**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 ENTREE* 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
  - 2 oz bagel(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 items
  - LG Benefit Bar (2 item) + pear (1 item) = 3 items
  - Breakfast Burrito (2 items) + 1/2 c fruit (1 item) + 3 items

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

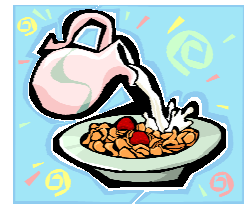
- STUDENT MAY NOT HAVE 2 JUICES.
- Required: Each student must take at least 1/2 cup fruit or juice to qualify for a reimbursable meal.

\*Fresh fruit will vary with seasonal availability.



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

\*\*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.

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 2016-2017