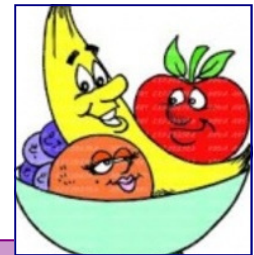


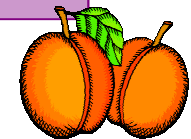
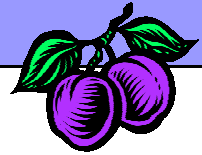
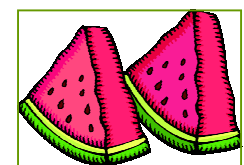
Breakfast 2019-2020 MENU FOR Elementary K-8 Offer vs Serve

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

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



LUNCH PRICES:
Elem-FREE
Elem 2nd meals—\$2.20
J.H-\$2.45 H.S-\$2.70
Reduced.....\$.00
Breakfast...Free for all Students!!!!
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), 1/2 c 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

FRUIT CHOICES:
1/2 CUP CANNED FRUIT OR
1/2 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.



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 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 required to take 3 of the 5 components offered to make it reimbursable. One of the three must be 1/2 cup fruit or vegetable, or a combination of the two.



****USDA and SWEET HOME SCHOOL DISTRICT are EQUAL OPPORTUNITY PROVIDERS and Employers.**

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 8/29/18