

Breakfast 2019-2020 MENU FOR Jr. High 6-8 offer vs serve 2 week cycle menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Large WG BENEFIT BAR	2 WG MAPLE CINNAMON FILLED BREAD-STICKS	2 SM WG MUFFINS	BAGEL & CREAM CHEESE	WG CINNAMON ROLL
Large WG BENEFIT BAR	2 WG VANILLA FILLED BREAD-STICKS	Large WG CEREAL BAR	HAM & CHEESE SNACK ROLL UP	WG GRAHAM CRACKERS, STRING CHEESE & YOGURT
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