

January 2023 Breakfast Menu

Sweet Home School District
Breakfast is free to all kids in our district!
We will be serving breakfast before school
in the cafeteria. If you are unable to get
breakfast at that time then we will make
sure you receive a breakfast, just ask your
teacher or the secretary.

**This Institution is an
equal opportunity
Provider and employer.**

AVAILABILITY

- We make every effort to have all menu items available each day. However, due to forecasting, cost controls and efforts to control waste, some items may not be available when your child makes their selection. There is ALWAYS an alternate choice available. We apologize for the inconvenience.
- Fresh and/or canned fruit/veg, low-fat and non-fat milk are available with breakfast each day.
- Offer VS Serve is the meal pattern we adhere to. This means that each child must take 3 of the 4 items offered (one of them must be 1/2 cup fruit/veg) to make a reimbursable meal.

This menu subject to change upon availability

Hello January

Journey of a thousand miles
Always starts somewhere.
Nothing will be achieved
Unless you take
Action. Momentum plus
Repeated efforts will take
You further than expected

OurMindfulLife.com



Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL	3 Cereal Bar Juice or Fruit Milk	4 Mini Maple Waffles Syrup Fruit Milk	5 Cinnamon Roll Juice or Fruit Milk	6 Apple Strudel Bar Fruit Milk
9 Cereal Bar Fruit Milk	10 Pancake on a Stick Yogurt Juice or Fruit Milk	11 French Toast Sticks Fruit Milk	12 Breakfast Sandwich Juice or Fruit Milk	13 Bagel Cream Cheese Fruit Milk
16 NO SCHOOL	17 Pop-tart Yogurt Juice or Fruit Milk	18 Strawberry Bagel Fruit Milk	19 Cinnamon Roll Juice or Fruit Milk	20 Apple Strudel Bar Fruit Milk
23 Cereal Bar Fruit Milk	24 Muffin Yogurt Juice or Fruit Milk	25 Pancake Syrup String Cheese Fruit Milk	26 Breakfast Sandwich Juice or Fruit Milk	27 Bagel Cream Cheese Fruit Milk
30 Cereal Bar Fruit Milk	31 Pop-tart String Cheese Juice or Fruit Milk			

January 2023 Elementary Lunch Menu

Sweet Home School District 55

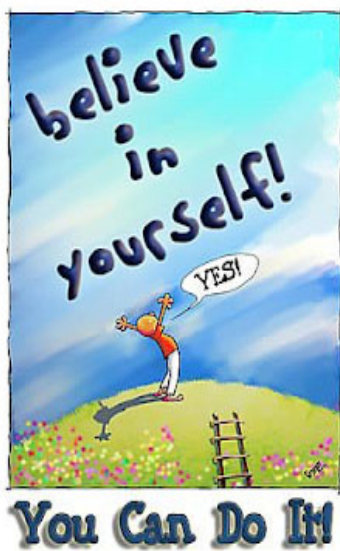
Let us remember:
One book, one pen, one child and one teacher can change the world!!!

Fresh Fruits and Vegetables offered everyday!

We serve a variety of high quality fruits and vegetables. Including fresh and local when available! We participate in the USDA Fresh Fruit & Vegetable Program for Elementary Schools as well as being a recipient of the grant for the Oregon Farm to School program.

~AVAILABILITY~

We make every effort to have all menu items available each day. However, due to forecasting, cost and efforts to control waste, some menu items may run out by the time your student eats lunch. If your student doesn't receive the item they wanted there are always other choices available. We apologize for the inconvenience.



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provider and
Employer

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL	3 WELCOME BACK!! SO GOOD TO SEE YOU ALL!! CHEESEBURGER WG CHIPS	4 CHICKEN TACOS 	5 VEGGIE HAMBURGER SOUP OR FISH NUGGETS CORNMEAL STAR FOR EVERYONE	6 ALFREDO WITH HAM GARLIC TOAST 
9 CHICKEN STRIPS WG CRACKER 	10 ROTINI WITH RED MEAT SAUCE WG BREADSTICK 	11 CORN DOG BAKED BEANS 	12 HAM & WHITE BEAN SOUP OR BREAKFAST SANDWICH	13 TURKEY & CHEESE FLATBREAD MELT WG CHIPS BLUEBERRY BUCKLE
16 "I HAVE DECIDED TO STICK WITH LOVE. HATE IS TO GREAT A BURDEN TO BEAR" MLK NO SCHOOL	17 CRISPY CHICKEN SANDWICH 	18 FISH NUGGETS OR POTATO BROCCOLI CHEDDAR SOUP WG CRACKER FOR EVERYONE	19 HAMBURGER GRAVY OVER MASHED POTATOES WG ROLL	20 BEAN & CHEESE ENCHILADA WITH RED SAUCE BLACK BEAN SALAD CHOCOLATE CHIP COOKIE
23 MINI CHEESE PIZZA 	24 BBQ PULLED PORK SANDWICH 	25 TACO SOUP OR CHEESY BREADSTICKS W/MARINARA SAUCE	26 NACHOS 	27 CHICKEN ALFREDO W/WG BREAD- STICK OR BEAN & CHEESE BURRITO RICE KRISPY TREAT
30 CHEESEBURGER WG CHIPS 	31 HAM & CHEESE SANDWICH WG CRACKER 	*Offer vs Serve* means each student MUST take 3 of the 5 items offered (meat/ meat alternate, grain/bread, fruit, veg and milk) to complete a reimbursable meal. One of the items on the plate MUST be 1/2 cup fruit or veggie.		