

# February 2020 REALMS/SKYLINE LUNCH MENU

In Participation with Bend - La Pine  
Schools Nutrition Services

CUISINE DAY

Monday  
*Americana*  
Fresh Farm Picks

Tuesday  
*SOUTH*  
OF THE BORDER

Wednesday  
*asian*

Thursday  
*Homestyle*

Friday  
*ITALIAN*

Daily Dishes

Happy Valentine's Day! Feb. 14<sup>th</sup>

3 * * Toasted Ham & Cheese * Cajun Tater Tots	4 * * Beef Burrito w/ Cheddar, Spanish Rice & Refried Beans ♦ * Salsa Rojo	5 * Teriyaki Noodles w/ Chicken & Veggies	6 ✓ * Chicken Pot Pie * Couscous Salad	7 * * Baked Beef Ziti ✓ * Italian Breadstick * Caesar Salad
10 * ♦ Creamy Tomato Basil Soup * ✓ Toasted Cheese	11 * Chicken Burrito w/ Cheddar, Spanish Rice & Refried Beans ♦ * Roasted Pineapple Salsa	12 * Teriyaki Chicken Brown Rice	13 * BBQ Chicken * Baked Creamy Macaroni & Cheese * Herbed Quinoa & Chickpea	14 * * Spaghetti & Meatballs ✓ * Italian Breadstick * House Salad * ✓ OREGON LOVE COOKIE
NO SCHOOL HAPPY PRESIDENTS DAY	18 * * Beef Burrito w/ Cheddar, Spanish Rice & Refried Beans ♦ * Peach Sriracha Salsa	19 * Katsu Popcorn Chicken Brown Rice	20 ✓ * Hush Puppy * Cajun Tater Tots * Greek Broccoli Salad	21 * * ✓ Italian Stomboli * Caesar Salad
24 * Turkey Noodle Soup * ✓ Toasted Cheese	25 * Chicken Burrito w/ Cheddar, Spanish Rice & Refried Beans ♦ * Green Dragon Salsa	26 * Sloppy Bao with Char Siu Chicken & Crunchy Veggies	27 ✓ * Homemade Cinnamon Roll & Sausage Patty * Tater Tots * Fruit Salad	28 * Chicken & Creamy Pesto Bowtie Pasta ✓ * Italian Breadstick * House Salad ✓ * Chewy Chocolate Cookie

M	▼♦* Hummas Plate w/ Vegetables & Tortilla Chips ✓* Toasted Cheese Sandwich
Tu	♦* Bean & Cheese Burrito w/ Tortilla Chips
W	✓* Vegetarian Pizza
Th	♦* Fruit & Yogurt Parfait w/ * Granola
F	✓♦* Cheesy Breadsticks & Marinara Dipping Sauce

KEY

- ★ New | ✕ May contain pork
- ▼ Gluten Free
- Draper Valley Farms
- Painted Hills Natural Beef
- \* Made fresh from scratch
- ♥ Oregon Caught
- ✓ Camas Country Mills Flour
- ♦ Vegetarian
- ☼ Shellfish Allergy
- \* Shrimp Allergy

## SERVED DAILY:

Lowfat & Nonfat White Milk, Nonfat Chocolate Milk, Variety of Fruits,  
Salads, Fresh Vegetables, Fruit Juice, Dessert when menued

B E N D  L A P I N E  
S c h o o l s



- Bend-La Pine Schools is an equal opportunity providers
- Menu subject to change • Printed on Recycled Paper