

December 2019 REALMS/SKYLINE LUNCH MENU

In Participation with Bend - La Pine Schools Nutrition Services

CUISINE DAY	Monday <i>Americana</i> Fresh Farm Picks	Tuesday <i>SOUTH OF THE BORDER</i>	Wednesday <i>asian</i>	Thursday <i>Homestyle</i>	Friday <i>ITALIAN</i>	Daily Dishes
2	* Chicken Noodle Soup *✓ Toasted Cheese	3 ●* Beef Burrito w/ Cheddar, Spanish Rice & Refried Beans ◆* Cranberry Salsa	4 * Orange Popcorn Chicken Brown Rice	5 * Beef Chili *✓ Cornbread * Herbed Quinoa Salad	6 * * ✓ Italian Stomboli * House Salad * * ✓ Candy Cane Chocolate Cake	M ▼◆* Hummas Plate w/ Vegetables & Tortilla Chips ✓* Toasted Cheese Sandwich
9	* * Toasted Ham & Cheese * Cajun Tater Tots	10 * Chicken Burrito w/ Spanish Rice & Beans ◆* Green Dragon Salsa	11 * Katsu Popcorn Chicken Brown Rice	12 ✓* Homemade Cinnamon Roll Sausage Patty * Greek Broccoli Salad	13 * Chicken Bowtie Pasta ✓* Italian Breadstick * Caesar Salad	Tu ◆* Bean & Cheese Burrito w/ Tortilla Chips
16	* Toasted Turkey & Cheddar Sandwich * Ranch Tater Tots	17 ●* Beef Burrito w/ Cheddar, Spanish Rice & Refried Beans ◆* Peach Sriracha Salsa	18 * * Sloppy Bao with Char Siu Chicken & Crunchy Veggies	19 HOLIDAY DINNER * Roast Turkey, * Mashed Potatoes & Gravy * Holiday Stuffing, Roast Veggies, ✓* Gingerbread Cookie, * Ambrosia Salad	20 * Chicken & Creamy Pesto Bowtie Pasta ✓* Italian Breadstick * House Salad	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