

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>
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Winter Break All Week

6 ♦ Ultimate Breakfast Round	7 ♦ Strawberry Splash Pancakes	8 ♦ Cherry Frudel	9 * ✓ Chicken in a Biscuit w/Honey	10 ✓ ♦ * Banana Baker's Bar
* * Toasted Ham & Cheese * Cajun Tater Tots	* Beef Soft Taco Tortilla Chips ♦ * Salsa Rojo	* Teriyaki Chicken Brown Rice in a Pagoda	✓ * Chicken Pot Pie * Couscous Salad	Chicken Parmesan * Spaghetti with Marinara * House Salad
13 ♦ French Toast Sticks	14 * * Ham & Cheese Quesadilla	15 ♦ Blueberry Bash Waffles	16 * * Breakfast Flatbread with Bacon	17 ✓ ♦ * Maple Baker's Bar
* ♦ Creamy Tomato Basil Soup * ✓ Toasted Cheese	* Taco Pizza Topped w/Tomatoes, Cheddar, & Shredded Cheese * ♦ * Winter Salsa	* Sloppy Bao with Char Siu Chicken & Crunchy Veggies	* Baked Creamy Macaroni & Cheese * * Seasonal Salad Special * * ✓ Banana Cake w/Chocolate Frosting	✓ ♦ * Cheesy Breadstick ♦ * Marinara Dipping Sauce * * Winter Caesar Salad
20 NO SCHOOL MLK JR. DAY	21 ♦ Maple Burst Pancakes	22 * * Ham & Cheddar Scramble * Tater Tots	23 * ✓ Chicken in a Biscuit w/Honey	24 ✓ ♦ * Chocolate Baker's Bar
	♦ * Homemade Bean & Cheese Burrito ♦ * Peach Sriracha Salsa	* Katsu Popcorn Chicken Brown Rice in a Pagoda	✓ * Hush Puppy * Cajun Tater Tots * Greek Broccoli Salad	* Baked Chicken Alfredo ✓ * Italian Breadstick * House Salad
27 ♦ Ultimate Breakfast Round	28 * * Ham & Cheese Quesadilla	29 ♦ Blueberry Bash Waffles	30 * * Sausage & Cheddar Scramble, * Tater Tots	31
* Toasted Turkey & Cheddar * Ranch Tater Tots	* Chicken Tortilla Soup * Cheese Quesadilla ♦ * Green Dragon Salsa	* Orange Popcorn Chicken Brown Rice in a Pagoda * ✓ Chewy Chocolate Cookie	✓ * Homemade Cinnamon Roll Sausage Patty * Fruit Salad	NO SCHOOL

Daily Dishes	M	* Salads (Chicken Caesar, Chef, Vegetable w/ ✓ * Roll) ✓ * Deli Sandwich (Turkey, * Ham, PBJ) ▼ ♦ * Hummus w/ Tortilla Chips ✓ * * Pizza (Pepperoni, Cheese, or Vegetable) Cheeseburger w/ French Fries ♦ * Black Bean Burger w/ French Fries
	Tu	✓ * * Pizza (Pepperoni, Cheese, or Vegetable) ✓ * Deli Sandwich (Turkey, * Ham, PBJ) * Salads (Chicken Caesar, Chef, Vegetable w/ ✓ * Roll) ▼ * Nachos (● Beef or Bean & Cheese)
	W	✓ * * Pizza (Pepperoni, Cheese, or Vegetable) ✓ * Deli Sandwich (Turkey, * Ham, PBJ, Egg Salad) * Salads (Chicken Caesar, Chef, Vegetable w/ ✓ * Roll) ▼ ♦ * Egg Salad on Bed of Lettuce w/ Tortilla Chips Hot Dog w/ Tater Tots
	Th	✓ * * Pizza (Pepperoni, Cheese, or Vegetable) ✓ * Deli Sandwich (Turkey, * Ham, PBJ, Tuna Salad) * Salads (Chicken Caesar, Chef, Vegetable w/ ✓ * Roll) ▼ * Tuna Salad w/ Tortilla Chips or Tuna Deli Chicken Strips w/ Tater Tots
	F	✓ * * Pizza (Pepperoni, Cheese, or Vegetable) ✓ * Deli Sandwich (Turkey, * Ham, PBJ) * Salads (Chicken Caesar, Chef, Vegetable w/ ✓ * Roll) ▼ ♦ * Deviled Eggs w/ Tortilla Chips Corn Dog w/ Tater Tots
KEY		★ New ● Painted Hills Natural Beef ✖ May contain pork ▼ Gluten Free ➤ Draper Valley Farms ✓ Camas Country Mills Flour ♦ Vegetarian ♥ Oregon Caught * Made fresh from scratch

WORK FOR NUTRITION SERVICES WHILE YOUR KIDS ARE IN SCHOOL!



Working for Nutrition Services in the school cafeterias is an excellent part-time job for the person seeking some extra income while their kids are in school. While we do have some full-time positions, they do not come open often. Most of our positions are less than four hours per day. The majority of our employees start with us as a substitute and are later hired into a permanent position.

WHAT KIND OF WORK IS IT?

Preparing food, serving food to students and staff during meals, and cleaning up. You may also be trained on the computer program we use to track students' meal accounts. The work is fast-paced but extremely rewarding! Nutrition Services provides training opportunities in customer service safety and sanitation, and nutrition education through classes, workshops and conferences. Work shirts, aprons and serving visors are provided. No experience necessary. Paid training is provided. The current salary for Nutrition substitutes is \$13/hour and permanent part-time Nutrition servers start at a higher rate.

WHY WORK FOR NUTRITION SERVICES?

We are a team of motivated people who really enjoy working with kids! Work only the days your kids are in school -- no holidays or summers. Be part of the team working to achieve the goal of providing professional service and nutritious food to all our customers.

Apply online at www.bend.k12.or.us/district/organization/jobs-bls. or Call 541-355-1151 for more information.

MEAL PRICES

Breakfast

Elementary Breakfast	\$ 0.00
Secondary	\$ 0.00
Reduced *	\$ 0.00
Adult Staff Univ. Breakfast.....	\$ 0.00
Adult.....	\$ 2.75

Lunch


Elementary	\$ 3.00
Secondary	\$ 3.25
Reduced	\$ 0.00
Adult	\$ 4.25

Beverage

Milk or Juice (if purchased separately) ...	\$.75
Soy Milk (ala carte only)	\$ 1.75
* Students that qualify for free or reduced price meals will receive both lunch and breakfast at no charge.	
* Students at community eligibility provision schools receive meals at no cost.	

ABOUT NUTRITION SERVICES


CHECK OUT OUR WEBSITE! www.bend.k12.or.us/district/parents/school-meals


	Menus	Catering	Questions
	Staff	Free & Reduced (+ app)	Contact Info
	Jobs	Nutrient Contents	Resources

AVAILABILITY

We make every effort to have all menued items available each day. However, due to forecasting, cost controls, and efforts to control waste, some food items may run out by the time your child makes his/her selections. Should your child not find a desired item, he/she should ask the Nutrition Services staff for an alternate choice.

ONLINE MEAL PAYMENTS <https://blpay.bend.k12.or.us/>

 You will create an account in BLPay at the above internet address with your email address and a password of your choice, and will require your child(ren)'s student ID number, which is found on their report card or transcript. Your credit card information is not stored on our servers. There is a \$1.50 convenience fee per transaction under \$100.00. You may deposit money in more than one child's account in a single transaction and pay only one convenience fee. Online transactions are not immediately available but will be deposited in the student's account by 5:00 p.m. the next school day. Call if you have questions (541-355-1150).

 In an effort to reduce fat, all hot dogs and most "ham" products are made from turkey meat. Pork products are marked with a ✕.

SCHOOL MEAL ACCOUNT EMAIL NOTIFICATION


When you sign up with BLPay, you can receive an email notification whenever your child(ren)'s school meal account goes below the dollar amount you choose. You don't need to deposit money to use this feature. Click on the Edit Profile button after you set up your account and log in, then choose Yes or No for Low Balance Email (default is Yes) and set the Low Balance Amount (default is \$5.00). Click on the Update Profile button, then log out.

CHARGE POLICY

It is not our intent to allow charges. However, if a child has money in his/her meal account but it is insufficient for the day's meal, then a charge will be allowed and money will be expected the next day to cover the charge. No charging of ala carte items or second meals will be allowed. Communication regarding low balances and charges will be sent directly to the parent/guardian via email, US mail and/or by phone call as required by state legislation.

RETURNED CHECK POLICY

Bend-La Pine Schools uses Envision Payment Solutions as its check service provider. They process all checks returned for insufficient or uncollected funds. Your NSF (Non-Sufficient Funds) check may be presented electronically for collection. Additionally, they will debit a \$25 returned check fee from your account. Please do not repay returned checks to Nutrition Services.

 Instead, all payments will be handled by:
Envision Payment Solutions | PO Box 157 Suwanee GA 30024-0157
Phone: Toll Free 877-290-5460 | Fax: 770-709-3007 | <https://envisionpayments.com>

- USDA and Bend-La Pine Schools are equal opportunity providers and employers
- Menu subject to change • Printed on Recycled Paper