

February 2020 REALMS 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. 14th

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 NO SCHOOL
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