

December 2019 REALMS 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 |

★ 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

KEY

Winter Break

NO SCHOOL DEC. 23RD-JAN. 3RD

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