

November 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>
				1 ●* Baked Beef Ziti ✓* Italian Breadstick * House Salad
4 * ♦ Creamy Tomato Basil Soup * ✓ Toasted Cheese	5 ●* Beef Burrito w/ Cheddar, Spanish Rice & Refried Beans * ♦* Cranberry Salsa	6 * Orange Popcorn Chicken Brown Rice	7 * BBQ Chicken * Baked Creamy Macaroni & Cheese * Herbed Quinoa Salad	8 ●* Meatloaf * Mashed Potatoes * Beef Gravy * Caesar Salad * ✓ Flag Cookie INVITE A VETERAN TO LUNCH!
11 VETTERAN'S DAY! NO SCHOOL	12 * Chicken Burrito w/ Spanish Rice & Beans ♦* Green Dragon Salsa	13 * Katsu Popcorn Chicken Brown Rice	14 * Roast Turkey Gravy * Mashed Potato Bowl Topped with Cheddar & Corn * ✓ Dinner Roll * Autumn Kale Salad	15 ** ✓ Italian Stomboli * House Salad
18 * Toasted Turkey & Cheddar Sandwich * Ranch Tater Tots	19 * Chicken Tortilla Soup * Cheese Quesadilla ♦* Peach Sriracha Salsa	20 * Teriyaki Chicken Brown Rice	21 ✓* Homemade Cinnamon Roll Sausage Patty * Tater Tots * Couscous Salad	22 * Baked Chicken Alfredo ✓* Italian Breadstick * Caesar Salad * ✓ Chocolate Chip Cookie COLLEGE DAY!

Daily Dishes

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

★ 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

SAVE THE DATE

★ ★ ★
3RD ANNUAL

Honorary Veteran's Lunch

*** NOVEMBER 8TH ***

To celebrate and honor those who have served our country in the armed forces, we will be offering lunch at no cost to any family member of our students or staff who are either active members of the military or veterans, on Friday, November 8th in all our schools.

Thanksgiving Break

NO SCHOOL ALL WEEK 25th-29th

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