

January 2020 REALMS/SKYLINE 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

ITALIAN

Daily Dishes

Winter Break All Week

6 ** Toasted Ham & Cheese * Cajun Tater Tots	7 ● * Beef Burrito w/ Cheddar, Spanish Rice & Refried Beans ◆ * Salsa Rojo	8 * Teriyaki Chicken Brown Rice	9 ✓ * Chicken Pot Pie * Couscous Salad	10 Chicken Parmesan * Spaghetti with Marinara * House Salad
13 * ◆ Creamy Tomato Basil Soup * ✓ Toasted Cheese	14 * Chicken Burrito w/ Cheddar, Spanish Rice & Refried Beans * ◆ * Winter Salsa	15 * Sloppy Bao with Char Siu Chicken & Crunchy Veggies	16 * BBQ Chicken * Baked Creamy Macaroni & Cheese * * Seasonal Salad Special * * ✓ Banana Cake w/ Chocolate Frosting	17 * Chicken & Creamy Pesto Bowtie Pasta ✓ * Italian Breadstick * * Winter Caesar Salad
20 NO SCHOOL MLK JR. DAY	21 ● * Beef Burrito w/ Cheddar, Spanish Rice & Refried Beans ◆ * Peach Sriracha Salsa	22 * Katsu Popcorn Chicken Brown Rice	23 ✓ * Hush Puppy * Cajun Tater Tots * Greek Broccoli Salad	24 * * ✓ Italian Stomboli * House Salad
27 * Toasted Turkey & Cheddar * Ranch Tater Tots	28 * Chicken Burrito w/ Cheddar, Spanish Rice & Refried Beans ◆ * Green Dragon Salsa	29 * Orange Popcorn Chicken Brown Rice * ✓ Chewy Chocolate Cookie	30 ✓ * Homemade Cinnamon Roll Sausage Patty * Fruit Salad	31 NO SCHOOL

- 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