

March 2023 REALMS/BEND TECH ACADEMY SCHOOL MENU

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	
			1 * Sweet Thai Teriyaki Chicken Wrap * Pineapple Honey Slaw Veggie Fried Rice	2 ● * Beef Chili ✓ * Cornbread	3 ● * Baked Beef Penne ✓ * Herb Focaccia	M	▼♦ * Hummas Plate w/ Vegetables & Tortilla Chips
						Tu	▼ * Nachos w/ ✓ Meat & Cheese
						W	▼♦ * Egg Salad
						Th	▼ * Tuna Salad
						F	▼♦ * Deviled Eggs
6	* Chicken Noodle Soup ✓ * Toasted Cheese	7 * Grilled Stuffed Chicken Burrito	8 * Chicken & Veggie Yakisoba Noodles	9 * ● * Beef Stroganoff w/Mushrooms & Noodles	10 * * ✓ Italian Stomboli	KEY	★ New ● Painted Hills Natural Beef ✕ May contain pork ▼ Gluten Free › Draper Valley Farms * Shellfish Allergy ✓ Camas Country Mills Flour ♦ Vegetarian ✱ Shrimp Allergy ♥ Oregon Caught * Made fresh from scratch ⦿ Peanuts
13	* Gourmet Grilled Cheese~ (Cheese Blend, Fresh Tomato Slices, Fresh Basil & Spinach) * Ranch Tater Tots	14 * Taco Flatbread	15 * * Chicken & Ham Fried Rice	16 * BBQ Chicken Strips * Macaroni & Cheese NO SCHOOL REALMS	17 NO SCHOOL		
20	* ♦ * Corn Chowder ✓ * Toasted Cheese	21 * * Beef & Cheese Enchilada Tortilla Chips	22 * Katsu Popcorn Chicken Brown Rice	23 ✓ * Cinnamon Roll Sausage Patty * Hash Brown	24 * Chicken Penne Alfredo ✓ * Herb Focaccia		
SPRING BREAK 27-31							

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