

# January 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**

**ITALIAN**

## Daily Dishes

# Winter Break All Week

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

<b>M</b>	▼ ◆ * Hummas Plate w/ Vegetables & Tortilla Chips ✓ * Toasted Cheese Sandwich
<b>Tu</b>	◆ * Bean & Cheese Burrito w/ Tortilla Chips
<b>W</b>	✓ * Vegetarian Pizza
<b>Th</b>	◆ * Fruit & Yogurt Parfait w/ * Granola
<b>F</b>	✓ ◆ * 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