

CUISINE	DAY	<div>Monday</div> <div><i>Americana</i></div> <div>Fresh Farm Picks</div>	<div>Tuesday</div> <div><i>SOUTH</i></div> <div>OF THE BORDER</div>	<div>Wednesday</div> <div><i>asian</i></div>	<div>Thursday</div> <div><i>Homestyle</i></div>	<div>Friday</div> <div><i>ITALIAN</i></div>
						<div>I</div> <div>✓♦♦ Chocolate Baker's Bar</div> <div>♦♦ Baked Beef Ziti</div> <div>✓♦ Italian Breadstick</div> <div>♦ House Salad</div>
<div>4</div>	♦ Ultimate Breakfast Round	<div>5</div> <div>♦ Strawberry Splash Pancakes</div>	<div>6</div> <div>♦♦ Sausage &amp; Cheddar Scramble, Tater Tots</div>	<div>7</div> <div>♦ French Toast Sticks</div>	<div>8</div> <div>✓♦♦ Cinnamon Baker's Bar</div> <div>♦♦ Meatloaf</div> <div>♦ Mashed Potatoes</div> <div>♦ Beef Gravy ♦ Caesar Salad</div> <div>♦✓ Flag Cookie</div> <div>INVITE A VETERAN TO LUNCH!</div>	
	♦♦ Creamy Tomato Basil Soup	♦ Chicken Soft Taco Tortilla Chips	♦ Orange Popcorn Chicken Brown Rice in a Pagoda	♦ Baked Creamy Macaroni & Cheese	♦♦ Meatloaf	
	♦✓ Toasted Cheese	♦♦ Cranberry Salsa		♦ Herbed Quinoa Salad	♦ Mashed Potatoes	
<div>11</div>	VETTERAN'S DAY! NO SCHOOL	<div>12</div> <div>♦♦ Ham &amp; Cheese Quesadilla</div>	<div>13</div> <div>♦ Blueberry Bash Waffles</div>	<div>14</div> <div>♦♦ Sausage &amp; Cheddar Scramble Tater Tots</div>	♦ Beef Gravy ♦ Caesar Salad	
		♦♦ Homemade Bean & Cheese Burrito	♦ Katsu Popcorn Chicken Brown Rice in a Pagoda	♦ Roast Turkey Gravy	♦✓ Flag Cookie	
		♦♦ Green Dragon Salsa		♦ Mashed Potato Bowl Topped with Cheddar & Corn	INVITE A VETERAN TO LUNCH!	
				♦✓ Dinner Roll		
				♦ Autumn Kale Salad		
<div>18</div>	♦ French Toast Sticks	<div>19</div> <div>♦ Maple Burst Pancakes</div>	<div>20</div> <div>♦♦ Ham &amp; Cheddar Scramble Tater Tots</div>	<div>21</div> <div>♦ Ultimate Breakfast Round</div>	<div>15</div> <div>✓♦♦ Maple Baker's Bar</div> <div>✓♦♦ Cheesy Breadstick</div> <div>♦♦ Marinara Dipping Sauce</div> <div>♦ House Salad</div>	
	♦ Toasted Turkey & Cheddar Sandwich	♦ Chicken Tortilla Soup	♦ Teriyaki Chicken Brown Rice in a Pagoda	♦✓ Homemade Cinnamon Roll Sausage Patty	♦♦ Cheesy Breadstick	
	♦ Ranch Tater Tots	♦ Cheese Quesadilla		♦ Couscous Salad	♦♦ Marinara Dipping Sauce	
		♦♦ Peach Sriracha Salsa			♦ House Salad	
					♦✓ Chocolate Chip Cookie	
					COLLEGE DAY!	

Thanksgiving Break

NO SCHOOL ALL WEEK 25th-29th

Daily Dishes
<b>M</b> * Salads (Chicken Caesar, Chef, Vegetable w/ ✓* Roll) ✓* Deli Sandwich (Turkey, * Ham, PBJ) ▼♦* Hummus w/ Tortilla Chips ✓* * Pizza (Pepperoni, Cheese, or Vegetable) Cheeseburger w/ French Fries ♦* Black Bean Burger w/ French Fries
<b>Tu</b> ✓* * Pizza (Pepperoni, Cheese, or Vegetable) ✓* Deli Sandwich (Turkey, * Ham, PBJ) * Salads (Chicken Caesar, Chef, Vegetable w/ ✓* Roll) ▼* Nachos (● Beef or Bean & Cheese)
<b>W</b> ✓* * Pizza (Pepperoni, Cheese, or Vegetable) ✓* Deli Sandwich (Turkey, * Ham, PBJ, Egg Salad) * Salads (Chicken Caesar, Chef, Vegetable w/ ✓* Roll) ▼♦* Egg Salad on Bed of Lettuce w/ Tortilla Chips Hot Dog w/ Tater Tots
<b>Th</b> ✓* * Pizza (Pepperoni, Cheese, or Vegetable) ✓* Deli Sandwich (Turkey, * Ham, PBJ, Tuna Salad) * Salads (Chicken Caesar, Chef, Vegetable w/ ✓* Roll) ▼* Tuna Salad w/ Tortilla Chips or Tuna Deli Chicken Strips w/ Tater Tots
<b>F</b> ✓* * Pizza (Pepperoni, Cheese, or Vegetable) ✓* Deli Sandwich (Turkey, * Ham, PBJ) * Salads (Chicken Caesar, Chef, Vegetable w/ ✓* Roll) ▼♦* Deviled Eggs w/ Tortilla Chips Corn Dog w/ Tater Tots

# SAVE THE DATE



≡ 3<sup>RD</sup> ANNUAL ≡

## Honorary Veteran's Lunch

★ ★ ★ **NOVEMBER 8<sup>TH</sup>** ★ ★ ★

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 8<sup>th</sup> in all our schools.**

### MEAL PRICES

#### Breakfast

Elementary Breakfast .....	\$ 2.00
Secondary .....	\$ 2.25
Reduced * .....	\$ 0.00
Adult Staff Univ. Breakfast.....	\$ 0.00
Adult.....	\$ 2.75

#### Lunch

Elementary .....	\$ 3.00
Secondary .....	\$ 3.25
Reduced .....	\$ 0.00
Adult .....	\$ 4.25

#### Beverage

Milk or Juice (if purchased separately) ...	\$ .75
Soy Milk (ala carte only) .....	\$ 1.75

*\* Students that qualify for free or reduced price meals will receive both lunch and breakfast at no charge.*

*\* Students at community eligibility provision schools receive meals at no cost.*

- USDA and Bend-La Pine Schools are equal opportunity providers and employers
- Menu subject to change • Printed on Recycled Paper

### ABOUT NUTRITION SERVICES

CHECK OUT OUR WEBSITE! [www.bend.k12.or.us/district/parents/school-meals](http://www.bend.k12.or.us/district/parents/school-meals)



Menus	Catering	Questions
Staff	Free & Reduced (+ app)	Contact Info
Jobs	Nutrient Contents	Resources

### AVAILABILITY

We make every effort to have all menued items available each day. However, due to forecasting, cost controls, and efforts to control waste, some food items may run out by the time your child makes his/her selections. Should your child not find a desired item, he/she should ask the Nutrition Services staff for an alternate choice.

ONLINE MEAL PAYMENTS <https://blpay.bend.k12.or.us/>



You will create an account in BLPay at the above internet address with your email address and a password of your choice, and will require your child(ren)'s student ID number, which is found on their report card or transcript. Your credit card information is not stored on our servers. There is a \$1.50 convenience fee per transaction under \$100.00. You may deposit money in more than one child's account in a single transaction and pay only one convenience fee. Online transactions are not immediately available but will be deposited in the student's account by 5:00 p.m. the next school day. Call if you have questions (541-355-1150).



In an effort to reduce fat, all hot dogs and most "ham" products are made from turkey meat. Pork products are marked with a ✕.

### SCHOOL MEAL ACCOUNT EMAIL NOTIFICATION

When you sign up with BLPay, you can receive an email notification whenever your child(ren)'s school meal account goes below the dollar amount you choose. You don't need to deposit money to use this feature. Click on the Edit Profile button after you set up your account and log in, then choose Yes or No for Low Balance Email (default is Yes) and set the Low Balance Amount (default is \$5.00). Click on the Update Profile button, then log out.

### CHARGE POLICY

It is not our intent to allow charges. However, if a child has money in his/her meal account but it is insufficient for the day's meal, then a charge will be allowed and money will be expected the next day to cover the charge. No charging of ala carte items or second meals will be allowed. Communication regarding low balances and charges will be sent directly to the parent/guardian via email, US mail and/or by phone call as required by state legislation.

### RETURNED CHECK POLICY

Bend-La Pine Schools uses Envision Payment Solutions as its check service provider. They process all checks returned for insufficient or uncollected funds. Your NSF (Non-Sufficient Funds) check may be presented electronically for collection. Additionally, they will debit a \$25 returned check fee from your account. Please do not repay returned checks to Nutrition Services.



Instead, all payments will be handled by:

**Envision Payment Solutions** | PO Box 157 Suwanee GA 30024-0157

Phone: Toll Free 877-290-5460 | Fax: 770-709-3007 | <https://envisionpayments.com>