

Mentor Graphics Menu



May
2017

CD = Contains Dairy

GF = Gluten Free

NV = Non Vegetarian

All meals are served with fresh, organic fruits and vegetables.

All meals are served with a variety of milk

Feature of the Month

Truitt Bros. & Central Bean Co.

We are pleased to offer locally sourced beans from Truitt Brothers this month! Truitt Bros. beans are sustainably grown by family-owned Central Bean Company in Quincy, Wash., which is Food Alliance Certified. In 2010, the company was recognized as one of Oregon's leaders in sustainable approaches to business.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>AM Snack: Yogurt, Carrot Cake Muffin</p> <p>Lunch: (GF, CD) Oregon Rice Bake, fresh fruit, and veggies</p> <p>PM Snack: Sunflower Butter, fresh fruit</p>	<p>2</p> <p>AM Snack: WG Pancake, Fruit Spread - Peach</p> <p>Lunch: (CD) Mac and Cheese, fresh fruit, and veggies</p> <p>PM Snack: Rice Cake, Applesauce</p>	<p>3</p> <p>AM Snack: Oatmeal, Raisins</p> <p>Lunch: (CD) Hawaiian Pizza Bagel, Frozen Mango, and veggies</p> <p>PM Snack: WG Pita Bread, Hummus, and veggies</p>	<p>4</p> <p>AM Snack: Cottage Cheese, fresh fruit</p> <p>Lunch: Sunflower Butter & Jelly Sandwich, fresh fruit, and veggies</p> <p>PM Snack: Cheddar Cheese Guppies, fresh fruit</p>	<p>5</p> <p>AM Snack: Whole Wheat Bagel, Cream Cheese</p> <p>Lunch: Egg Fried Rice, Egg Fried Rice, fresh fruit, and veggies</p> <p>PM Snack: Soft Crackers - Ritz, Cheese Loaf</p>
<p>8</p> <p>AM Snack: WG Waffle, Fruit Spread - Raspberry</p> <p>Lunch: (GF Filling) Bean and Rice Burrito, fresh fruit, and veggies</p> <p>PM Snack: Sunflower Butter, fresh fruit</p>	<p>9</p> <p>AM Snack: Crispix Cereal, fresh fruit</p> <p>Lunch: (CD) Mozzarella Pasta Bake, fresh fruit, and veggies</p> <p>PM Snack: Hummus, and veggies</p>	<p>10</p> <p>AM Snack: Whole Wheat Bagel, Cream Cheese</p> <p>Lunch: (CD) SW Enchiladas Verde, fresh fruit, and veggies</p> <p>PM Snack: WG Blueberry Granola, Yogurt</p>	<p>11</p> <p>AM Snack: Oatmeal, Raisins</p> <p>Lunch: Sunflower Butter & Jelly Sandwich, fresh fruit, and veggies</p> <p>PM Snack: Cinnamon Streusel Muffin, Applesauce</p>	<p>12</p> <p>AM Snack: WG French Toast, Fruit Spread - Peach</p> <p>Lunch: Italian Spaghetti w/ Lentil Tomato Sauce, fresh fruit, and veggies</p> <p>PM Snack: Soft Crackers - Ritz, Cheese Loaf</p>
<p>15</p> <p>AM Snack: WG Waffle, Fruit Spread - Strawberry</p> <p>Lunch: Teriyaki Black Bean & Rice, Frozen Mango, and veggies</p> <p>PM Snack: Cheddar Cheese Guppies, Yogurt</p>	<p>16</p> <p>AM Snack: Oatmeal, fresh fruit</p> <p>Lunch: (CD) Veggie Lasagna, fresh fruit, and veggies</p> <p>PM Snack: Rice Cake, and veggies</p>	<p>17</p> <p>AM Snack: WG Banana Muffin, Applesauce</p> <p>Lunch: Sunflower Butter & Jelly Sandwich, fresh fruit, and veggies</p> <p>PM Snack: Hardboiled Egg, fresh fruit</p>	<p>18</p> <p>AM Snack: Rice Crispies Cereal, fresh fruit</p> <p>Lunch: (GF Filling) Chimichurri Wrap, fresh fruit, and veggies</p> <p>PM Snack: Cheese Loaf, fresh fruit</p>	<p>19</p> <p>AM Snack: Cranberry Muffin, Applesauce</p> <p>Lunch: (GF Filling) Soft Taco w/ Pinto Beans, fresh fruit, and veggies</p> <p>PM Snack: Tortilla Chips, WG Pita Bread, Salsa</p>
<p>22</p> <p>AM Snack: WG Pancake, Fruit Spread - Peach</p> <p>Lunch: (CD) Chili Mac, fresh fruit, and veggies</p> <p>PM Snack: Cheese Loaf, fresh fruit</p>	<p>23</p> <p>AM Snack: WG Blueberry Granola, Yogurt</p> <p>Lunch: (CD) Traditional Pizza Bagel, fresh fruit, and veggies</p> <p>PM Snack: Cheddar Cheese Guppies, fresh fruit</p>	<p>24</p> <p>AM Snack: WG French Toast, Fruit Spread - Raspberry</p> <p>Lunch: Egg Fried Rice, fresh fruit, and veggies</p> <p>PM Snack: Sunflower Butter, and veggies</p>	<p>25</p> <p>AM Snack: Cottage Cheese, fresh fruit</p> <p>Lunch: (NV) Chicken Salad Sandwich, fresh fruit, and veggies</p> <p>PM Snack: Applesauce, Carrot Cake Muffin</p>	<p>26</p> <p>AM Snack: Oatmeal, Raisins</p> <p>Lunch: (CD) Pasta Alfredo, fresh fruit, and veggies</p> <p>PM Snack: Animal Crackers, Yogurt</p>
<p>29</p> <p>No School</p>	<p>30</p> <p>AM Snack: fresh fruit, Carrot Cake Muffin</p> <p>Lunch: (CD) Tortilla Chip Casserole, fresh fruit, and veggies</p> <p>PM Snack: Rice Cake, fresh fruit</p>	<p>31</p> <p>AM Snack: Toasted Oat Cereal, Organic Banana</p> <p>Lunch: (CD) Hawaiian Pizza Bagel, Organic Cantaloupe, and Corn, frozen</p> <p>PM Snack: Graham Crackers, Applesauce</p>		