

Breakfast 2018-2019 MENU FOR High School 9-12 Offer vs Serve

2 week cycle menu

Monday	Tuesday	Wednesday	Thursday	Friday
WG BISCUIT & SAUSAGE GRAVY	BREAKFAST BURRITO	WG BREAKFAST SANDWICH	BREAKFAST BAKE (EGGS, POTATOES, CHEESE, HAM) <u>WITH SM WG MUFFIN</u>	FR TOAST STIX MINI PANCAKES SAUSAGE WG POPTART & CHS STICK/YOGURT COFFEECAKE
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SWEET HOME HIGH SCHOOL
1641 LONG STREET
SWEET HOME, OR 97386
MILLI HORTON, FOOD SERVICE DIRECTOR
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GRAB N GO
BREAKFAST AT AM BREAK
FOR THOSE WHO HAVEN'T HAD BREAKFAST YET..
ONLY 1 FREE BREAKFAST PER STUDENT
HS 2nd breakfast ... \$1.50

Sample Grab n Go...
WG Benefit Breakfast Bar & Fruit/Juice
WG Bagel, Cream Cheese & Fruit/Juice
WG Maple Sticks & Fruit/Juice
Muffins & Fruit/Juice
Yogurt Parfait & Fruit /Juice

Opt. Milk included with all breakfasts
Fruit or Juice must be taken with all meals.



THE FOLLOWING *ENTRÉE* ITEMS WILL BE OFFERED ON A DAILY BASIS AS AN ALTERNATE CHOICE TO THE *SPECIAL ENTRÉE* ITEMS LISTED ON EACH DAY ABOVE.

2/3 c HOT OATMEAL & 4 OZ YOGURT or 1 oz Cheese OR
1 oz COLD CEREAL & 4 OZ YOGURT or 1 oz Cheese

Each breakfast will offer 4 ITEMS: 2 GRAINS/BREADS, (or 1 sv G/B & 1 sv Meat/Meat alt), 1 C. FRUIT/VEG, & 1-8 OZ Milk.
For reimbursable breakfasts each student must select:
Any 3 OF THE 4 Items OFFERED (may take all 4.)
(They do not have to take milk as 1 of the items)

1/2 FRUIT OR JUICE MUST BE ONE OF THE ITEMS ON THE PLATE.

EXAMPLES:

- hot or cold cereal & 1 oz cheese stick (2 ITEM) + fruit (1 ITEM) + Milk = 4 ITEMS
- Small Breakfast bar + 4 oz yogurt (2 ITEM) + fruit(1 ITEM) = 3 ITEMS
- Sausage pancake on stick (2 ITEMS) + banana (1 ITEM) = 3 ITEMS
- French toast or French Toast Stix (2 ITEMS) + FRUIT(1 ITEM) = 3 ITEMS
- Breakfast Sandwich (2 ITEM) + juice (1) = 3 ITEMS
- Lg Benefit Breakfast Bar (2 ITEMS) + FRUIT (1) = 3 ITEMS
- 2 OZ Bagel (2 ITEMS) + juice (1 ITEM) + Milk = 4 ITEMS

FRUIT CHOICES:
1 CUP CANNED FRUIT OR
1 CUP *FRESH FRUIT OR
1/2 c fruit & 4 oz. 100% FRUIT JUICE

- STUDENT MAY NOT HAVE 2 JUICES.
 - Required: Each student must take at least 1/2 cup fruit or juice to qualify for a reimbursable meal.

*Fresh fruit will vary with seasonal availability.



FLUID MILK CHOICES:
1% MILK—8 oz.
Nonfat Milk—8 oz



Lunch Prices
Elem...FREE/ 2nds...\$2.20
J.H.....\$2.45 H.S.....\$2.70
Reduced.....\$.00
All Students—One Breakfast...No Charge!!!

FREE BREAKFAST & LUNCH FOR ALL ELEMENTARY STUDENTS IN SWEET HOME SCHOOL DISTRICT. This year Sweet Home School District Elementary schools are qualified to participate in a new program funded by USDA called the **Community Eligibility Program**. There is no application necessary for your elementary age children.

Extra Milk may be purchased for .40 cents. However an inexpensive alternative for those that prefer to pack their own lunches: Encourage your student to go to the salad bar, select a fruit and a vegetable along with milk. This constitutes a reimbursable lunch and makes the milk and other items free. Because we are operating as Offer vs Serve, students are only required to take 3 of the 5 items offered to make a reimbursable lunch.

Our school district provides one free breakfast for each student enrolled.

WE MAKE EVERY EFFORT TO HAVE ALL MENUED ITEMS AVAILABLE EACH DAY. However, due to forecasting, cost controls, & efforts to control waste, some food items may run out by the time your child makes his/her selections. Should your child not receive their desired item, they can ask for an alternate choice. We apologize for the inconvenience.

Revised Menu - MH 2018-2019

****USDA & Sweet Home School District ARE equal opportunity employers & providers.**