


Beaverton Middle and High School Lunch Menu February 1, 2010 – February 5, 2010

Middle School Prices: Student Lunch \$1.50 Reduced Lunch \$0.40 Milk \$0.40 High School Prices: Student Lunch \$1.75 Reduced Lunch \$0.40 Milk \$0.40

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Parent Food Service Advisory Meeting February 1, 2010 2:00 pm At Beaverton High School Cafeteria	SWEET N SOUR ASIAN RICE BOWL: Breaded Popcorn Chicken Oriental Fried Rice Steamed White Rice Fresh Carrots & Onions Steamed Broccoli Cuts Sweet N Sour Sauce Fresh Chopped Green Onion	UPSIDE DOWN RANCHER'S PIE BOWL:  Savory Beef w/ Vegetables Mashed Potatoes Warm Baked Apple Slices Sweet Peas  Dinner Roll Brown Gravy	CHICKEN PARM BOWL:   Breaded Chicken Cutlet Seasoned Pasta Spinach Fettucchini Seasoned Mixed Veggies Caesar Romaine Side Salad w/ Croutons Fresh Baked Breadstick	MEXICAN FIESTA BOWL:  Taco Pie Rice & Beans Tossed Salad w/ Light Dressing Seasoned Green Beans  Spicy Lime Whole Wheat Tortilla Chips Salsa	ROASTED CHICKEN BOWL: Cranberry Glazed Chicken Steamed White Rice  Bread Stuffing Made w/ Whole Wheat Seasoned Corn Warm Fruit Crisp  Dinner Roll Cranberry Glaze Fresh Chopped Green Onion
THE FRESH GRILLE Hamburgers, Cheeseburgers, Chicken Patty Sandwiches on Wheat Buns Offered Daily	Reduced Fat Bosco Sticks with Marinara Dipping Sauce Broccoli w/ Cheese Sauce	 Hot Ham & Cheese on a Whole Wheat Bagel Warm Baked Apple Slices	 Hot Sausage, Egg & Cheese on a Whole Wheat Bagel	 Breaded Chicken Tenders w/ Homemade Biscuit Seasoned Green Beans	  Turkey Club Burger on a Whole Wheat Bun Seasoned Corn Warm Fruit Crisp
 Plain and Pepperoni Pizza on Wheat Crust Offered Daily	Reduced Fat Bosco Sticks with Marinara Dipping Sauce	 Mexican Pita Pizzas	  Chicken Brushetta Pizza	Hot Dog Twist	 BLT Pizza
 Deli Bar Fresh Baked Wheat Sub Buns Offered Daily	 Chicken Caesar Wrap	Italian Hero	Spicy Chicken Wrap	 Roast Beef on Whole Wheat w/ Golden Honey Mustard	Turkey and Swiss on Vegetable Bread
 Premium Entrée Salads Offered with Crackers	Cheese and Cracker Parfait Chicken Caesar Salad	Yogurt Parfait Chef Salad	Taco Salad Chef Salad	Chef Salad  Roast Beef on Whole Wheat w/ Golden Honey Mustard	Chef Salad Crispy Chicken Popper Salad

 *This menu item is made with whole grain.

All Lunches Include: Choice of Entrée, Choice of Two Vegetable/Fruit Side Dishes, and Choice of Milk.
Vegetable/Fruit Side Dishes Available Daily Include: Featured Hot Vegetable(s), Tossed Side Salad, and Fresh Fruit
Low Fat Milk Choices Include: skim white milk, low fat (1%) chocolate and strawberry milk.


MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

The School Lunch Program is operated in accordance with the U.S. Department of Agriculture policy, which does not permit discrimination because of race, color, sex, age, handicap, or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to Secretary of Agriculture, Washington, D.C. 20250.

Beaverton Middle and High School Lunch Menu February 8, 2010 – February 12, 2010

Middle School Prices: Student Lunch \$1.50 Reduced Lunch \$0.40 Milk \$0.40 High School Prices: Student Lunch \$1.75 Reduced Lunch \$0.40 Milk \$0.40

Station	Monday	Tuesday	Wednesday	Thursday	Friday
	WET BURRITO BOWL: Beef & Bean Chili Fiesta Rice Golden Corn Shredded Lettuce & Diced Tomato  Flour Tortilla Salsa Shredded Cheddar	MEDITERRANEAN BOWL: Tarragon Marinated Chicken Rice Pilaf w/ Orzo Roasted Tomatoes w/ Rosemary Tossed Salad w/ Homemade Red Bell Pepper Vinaigrette  Warm Whole Wheat Pita Bread Homemade Taziki Sauce	ASIAN LO MEIN NOODLE BOWL:  Julienne Roast Pork Lo Mein Noodles Oriental Blend Veggies  Dinner Roll Lo Mein Sauce Diced Red & Green Bell Pepper	MOM'S MASHED POTATO BOWL: Herb Roasted Chicken Mashed Potatoes Fresh Glazed Carrots Tossed Salad w/ Light Dressing  Whole Wheat Toasted Garlic Bun Chicken Gravy	NO SCHOOL!
THE FRESH GRILLE Hamburgers, Cheeseburgers, Chicken Patty Sandwiches on Wheat Buns Offered Daily	 Alpine Swiss Burger Golden Corn	 Hot Ham & Cheese on a Whole Wheat Bagel Warm Baked Apple Slices	 Bacon Cheeseburger Seasoned Potato Wedges	 Breaded Popcorn Chicken w/ Toasted Garlic Bun Mashed Potatoes	
 Plain and Pepperoni Pizza on Wheat Crust Offered Daily	Pepperoni Flatbread Pizza	 Meatball Parm Pizza	 Meat Lover's Pizza	 Aloha Pizza w/ Chicken & Ham	
 Deli Bar Fresh Baked Wheat Sub Buns Offered Daily	Spicy Chicken Wrap	  Buffalo Chicken Salad on Whole Wheat	 Chicken Caesar Wrap	 Roast Beef on Whole Wheat w/ Golden Honey Mustard	
 Premium Entrée Salads Offered with Crackers	Chicken Caesar Salad Cheese and Crackers Parfait	Chef Salad Yogurt Parfait	Chef Salad Fried Chicken Salad	 Roast Beef on Whole Wheat w/ Golden Honey Mustard Chicken Caesar Salad	

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Beaverton Middle and High School Lunch Menu February 15, 2010 – February 19, 2010

Middle School Prices: Student Lunch \$1.50 Reduced Lunch \$0.40 Milk \$0.40 High School Prices: Student Lunch \$1.75 Reduced Lunch \$0.40 Milk \$0.40

Station	Monday	Tuesday	Wednesday	Thursday	Friday
	NO SCHOOL!	NO SCHOOL!	BACKYARD BBQ BOWL: Barbecued Pork Ribbies Homemade Potato Salad Cheesy Macaroni Seasoned Corn Confetti Coleslaw Fresh Baked Biscuit Honey BBQ Sauce	MOM'S MASHED POTATO BOWL:  Pineapple Glazed Chicken Mashed Potatoes  Bread Stuffing Made w/ Whole Wheat Seasoned Mixed Veggies Tossed Salad w/ Light Dressing  Dinner Roll Pineapple Glaze	SIZZLING TACO SALAD BOWL: Spicy Taco Meat  Whole Grain Tortilla Shell Rounds Rice & Beans Crisp Mixed Greens Warm Baked Apple Slices Cinnamon Breadstick Homemade Creamy Cilantro Lime Dressing
THE FRESH GRILLE Hamburgers, Cheeseburgers, Chicken Patty Sandwiches on Wheat Buns Offered Daily			 Grilled Ancho Chili Chicken & Cheddar on a Whole Wheat Bun Seasoned Corn	 Spicy Chicken Sandwich Mashed Potatoes	 Chicken Parm Wrap Warm Baked Apple Slices
 Plain and Pepperoni Pizza on Wheat Crust Offered Daily			Veggie Lover's Pizza	Triple Decker Bean Tostados w/ Salsa	Reduced Fat Bosco Sticks with Marinara Dipping Sauce
 Deli Bar Fresh Baked Wheat Sub Buns Offered Daily			Vegetable and Cheese Vegetable Bread	 Turkey Club Bagel	 Chicken Parm Wrap
 Premium Entrée Salads Offered with Crackers			Chef Salad Taco Salad	Chef Salad Yogurt Parfait	Chef Salad Mandarin Orange Chicken Salad

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Vegetable/Fruit Side Dishes Available Daily Include: Featured Hot Vegetable(s), Tossed Side Salad, and Fresh Fruit

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Beaverton Middle and High School Lunch Menu February 22, 2010 – February 26, 2010

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Station	Monday	Tuesday	Wednesday	Thursday	Friday
	NORTHEAST ASIAN RICE BOWL: Korean Braised Ribbies Oriental Fried Rice Steamed White Rice Fresh Carrots & Onions Steamed Broccoli Cuts Homemade Sesame Sauce Fresh Chopped Green Onion	MASHED POTATO BOWL: Breaded Popcorn Chicken Mashed Potatoes Seasoned Mixed Veggies Homemade Biscuit Chicken Gravy Fresh Shredded Carrot	NACHO BOWL: Spicy Taco Meat Cilantro Lime Brown Rice 🌾 Whole Grain Corn Tortilla Shell Rounds Southwest Beans Mexican Corn Cinnamon Breadstick Spicy Salsa Shredded Cheddar	AMERICAN DINER BOWL:  Roast Turkey w/ Gravy Rice Pilaf w/ Orzo Sweet Potatoes Golden Corn Seasoned Green Beans 🌾 Dinner Roll Turkey Gravy	ITALIAN PASTA BOWL: Saucy Italian Meatballs Classic Spaghetti Curly Rotini Pasta Seasoned Mixed Veggies Tossed Salad w/ Light Dressing 🌾 Toasted Whole Grain Garlic Bun Red Marinara Sauce Roma Herb Seasoning Blend
THE FRESH GRILLE Hamburgers, Cheeseburgers, Chicken Patty Sandwiches on Wheat Buns Offered Daily	🌾 Hot Chili Burger w/ Monterey Jack Broccoli w/ Cheese Sauce	🌾 Whole Grain Breaded Chicken Corn Dog Nuggets w/ Biscuit Mashed Potatoes	 Pizza Burger on a Whole Wheat Bun Baked Potato	🌾 Breaded Chicken Parm Sandwich Golden Corn	Breakfast Burrito Seasoned Potato Wedges
 Plain and Pepperoni Pizza on Wheat Crust Offered Daily	Italian Stromboli	 Chicken Tostado Flatbread	🌾 Hawaiian Pizza	🌾 Whole Grain Mexican Pita Pizzas	🌾 Pizza Topped w/ Green Peppers
 Deli Bar Fresh Baked Wheat Sub Buns Offered Daily	 Chicken Caesar Wrap	Club Hoagie	Chicken Ranch Wrap	Triple Decker Turkey Club	 Turkey Club Bagel
 Premium Entrée Salads Offered with Crackers		Chef Salad Yogurt Parfait	Chef Salad Crispy Chicken Popper Salad	Chef Salad Chicken Caesar	Chef Salad Cheese and Cracker Parfait

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