



Menus are subject to change
Fresh fruit & vegetables available daily

Menu Calendar



This institution is an equal opportunity provider

HES Breakfast
Breakfast

Reedsport School District 105

Mon	Tue	Wed	Thy	Fri
1/2/2023	1/3/2023	1/4/2023	1/5/2023	1/6/2023
	Main Entree Burrito Breakfast juice apple Fruit Oranges Fresh Milk Milk Milk, Chocolate Condiments Salsa	Main Entree Egg Cheese Muffin Fruit Orange Juice Banana Milk Milk Milk, Chocolate	Main Entree French Toast Sticks juice apple Fruit Melon, Honeydew Milk Milk Milk, Chocolate	Main Entree juice apple Bagel Mini Strawberry Creamy Cheese Filled Pancake Apple Filled Fruit Banana Orange Juice Apple, Gala Milk Milk, Chocolate Milk Milk, Chocolate
1/9/2023	1/10/2023	1/11/2023	1/12/2023	1/13/2023
Main Entree Pizza Breakfast Fruit Orange Juice Apple Sauce Milk Milk, Chocolate Milk	Main Entree juice apple Waffles Mini Maple Fruit Oranges Fresh Milk Milk Milk, Chocolate	Main Entree Breakfast Bar Ham, Egg & Cheese Fruit Orange Juice KIWI Milk Milk, Chocolate Milk Dessert Crackers Graham	Main Entree Sausage Cheese Muffin juice apple Fruit Oranges Fresh Milk Milk Milk, Chocolate	
1/16/2023	1/17/2023	1/18/2023	1/19/2023	1/20/2023
	Main Entree Breakfast Cookie juice apple Fruit Oranges Fresh Milk Milk, Chocolate Milk	Main Entree Donut Long John Fruit Orange Juice Banana Milk Milk Milk, Chocolate	Main Entree Muffins, Blueberry juice apple Fruit Melon, Cantaloupe Milk Milk, Chocolate Milk	Main Entree Banana Bread Fruit Orange Juice Apple Sauce Milk Milk, Chocolate Milk



Mon	Tue	Wed	Thu	Fri
1/23/2023	1/24/2023	1/25/2023	1/26/2023	1/27/2023
Main Entree Juice apple Breakfast Link Sausage Egg Cheese Fruit Banana Milk Milk, Chocolate Milk	Main Entree Cereal Fruit Orange Juice Strawberries Milk Milk, Chocolate Milk Dessert Crackers Graham	Main Entree Benefit Bar Chocolate Chip Fruit Fruit Cups	Main Entree Yogurt Granola Fruit Orange Juice Apple, Red Delicious Milk Milk Milk, Chocolate	



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Menu Calendar



Highland Lunch
Lunch

Reedsport School District 105

Mon	Tue	Wed	Thu	Fri
1/2/2023	1/3/2023	1/4/2023	1/5/2023	1/6/2023
	Main Entree Pizza Cup Chef Salad Vegetables Corn Fruit Pineapple Milk Milk, Chocolate Milk Condiments Marinara Sauce Cup	Main Entree Burrito Beef or Pork Cottage Cheese Platter Vegetables Carrots Peeled Baby Fruit Grapes Red Milk Milk, Chocolate Milk	Main Entree Rice Chicken Stir-Fry Turkey Sandwich Fruit Oranges Fresh Milk Milk, Chocolate Milk	Main Entree Beef Shepherd's Pie Ham Sandwich Fruit Fruit Cups Milk Milk, Chocolate Milk
1/9/2023	1/10/2023	1/11/2023	1/12/2023	1/13/2023
Main Entree Beans, Refried Burrito Chicken Chef Salad Fruit Oranges Fresh Milk Milk, Chocolate Milk	Main Entree Ham Hawaiian Coconut Rice Cottage Cheese Platter Vegetables Celery Sticks Fruit Pineapple Milk Milk, Chocolate Milk	Main Entree Mac & Cheese Baked Creamy Coleslaw Turkey Sandwich Milk Milk, Chocolate Milk	Main Entree Roll Dinner Spaghetti & Meat Sauce Turkey Sandwich Vegetables Beans Green Milk Milk, Chocolate Milk Dessert Strawberry Sorbet	



Mon	Tue	Wed	Thu	Fri
1/16/2023	1/17/2023	1/18/2023	1/19/2023	1/20/2023
	Main Entree Chicken Fajitas Chef Salad Vegetables Corn Fruit Oranges Fresh Milk Milk, Chocolate Milk Condiments Salsa	Main Entree Chili Con Carne with Beans Cornbread USDA Cottage Cheese Platter Vegetables Carrots Peeled Baby Fruit Pears Canned Milk Milk, Chocolate Milk	Main Entree Potatoes Mashed Turkey & Dressing Turkey Sandwich Vegetables Beans Green Fruit KIWI Milk Milk, Chocolate Milk Condiments Gravy, Turkey Ranch Dressing	Main Entree Rolf Dinner Salisbury Steak Orange Glazed Carrots Ham Sandwich Fruit KIWI Milk Milk, Chocolate Milk
1/23/2023	1/24/2023	1/25/2023	1/26/2023	1/27/2023
Main Entree Beans, Refried Ropa Vieja (Shredded Beef over Rice) Chef Salad Fruit Oranges Fresh Milk Milk, Chocolate Milk Condiments Salsa	Main Entree Chicken Drumstick Cottage Cheese Platter Vegetables Baked Sweet Potatoes & Apples Roasted Potato Salad Milk Milk, Chocolate Milk	Main Entree Cheeseburger Ham Sandwich Potato, French Fries Vegetables Broccoli Fruit Melon, Cantaloupe Peach Cups	Main Entree Pot Pie, Chicken or Turkey Bisquit WG Ham Sandwich Fruit Cucumbers KIWI Milk Milk, Chocolate Milk	



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HES Supper
Dinner

Reedsport School District 105

Mon	Tue	Wed	Thu	Fri
1/2/2023	1/3/2023	1/4/2023	1/5/2023	1/6/2023
	Main Entree Turkey Sandwich Vegetables Broccoli Fruit Banana	Main Entree Corn Dog Vegetables Broccoli Fruit Peach Cups Milk Milk Milk, Chocolate Condiments Ketchup Ranch Dressing	Main Entree Chicken Popcorn Vegetables Cauliflower Fruit Pears Canned Milk Milk, Chocolate Milk Condiments Ranch Dressing Barbeque Sauce	Main Entree Tuna Sub on WW Hoagle Vegetables Snap Peas Fruit Tomatoes Milk Milk, Chocolate Condiments Ranch Dressing
1/9/2023	1/10/2023	1/11/2023	1/12/2023	1/13/2023
Main Entree Pizza Mini Vegetables Vegetables Mixed, Canned Milk Milk Milk, Chocolate Condiments Ranch Dressing Dessert Fruit Cups Frozen Strawberry	Main Entree Cheeseburger Vegetables Broccoli Fruit Peach Cups Milk Milk, Chocolate Milk Condiments Ketchup Mustard Ranch Dressing	Main Entree Turkey Ranch Wrap Tortilla Shell Vegetables Cauliflower Lettuce, Romaine Fruit Pears Canned Milk Milk Milk, Chocolate Condiments Ranch Dressing	Main Entree Yogurt Granola Vegetables Snap Peas Fruit Tomatoes Fruit Cups Milk Milk, Chocolate Milk Condiments Ranch Dressing	



Mon	Tue	Wed	Thu	Fri
1/16/2023	1/17/2023	1/18/2023	1/19/2023	1/20/2023
	Main Entree Chicken Sandwich Vegetables Vegetables Mixed, Canned Milk Milk, Chocolate Milk Condiments Ketchup Ranch Dressing Mayonnaise Dessert Fruit Cups Frozen Strawberry	Main Entree Chicken Popcorn Vegetables Broccoli Fruit Peach Cups Milk Milk, Chocolate Milk Condiments Barbeque Sauce Ranch Dressing	Main Entree Cheese Breadstick Vegetables Cauliflower Fruit Pears Canned Milk Milk, Chocolate Milk Condiments Ranch Dressing Marinara Sauce	Main Entree Cheddar Cheese Sauce Pretzel Bites Vegetables Snap Peas Fruit Tomatoes Fruit Cups Milk Milk, Chocolate Milk Condiments Ranch Dressing
1/23/2023	1/24/2023	1/25/2023	1/26/2023	1/27/2023
Main Entree Cheddar Cheese Slice Buffuao Chicken Wrap Vegetables Vegetables Mixed, Canned Milk Milk, Chocolate Milk Dessert Fruit Cups Frozen Strawberry	Main Entree Cheese Sandwich Grilled Vegetables Broccoli Fruit Peach Cups Milk Milk, Chocolate Milk Condiments Ranch Dressing	Main Entree Hot Dog Vegetables Cauliflower Fruit Pears Canned Milk Milk, Chocolate Milk Condiments Ketchup Mustard Ranch Dressing	Main Entree Corn Dog Mini Vegetables Snap Peas Fruit Tomatoes Fruit Cups Milk Milk, Chocolate Milk Condiments Ketchup Mustard Ranch Dressing	