



Menus are subject to change

Menu Calendar



Fresh fruit and vegetables available daily

## HES Breakfast Breakfast

This institution is an equal opportunity provider

Reedsport School District 105

Mon	Tue	Wed	Thu	Fri
10/31/2022	11/1/2022	11/2/2022	11/3/2022	11/4/2022
<b>Main Entree</b> Yogurt Granola <b>Fruit</b> Orange Juice Apple, Red Delicious <b>Milk</b> Milk Milk, Chocolate	<b>Main Entree</b> Burrito Breakfast juice apple <b>Fruit</b> Oranges Fresh <b>Milk</b> Milk Milk, Chocolate <b>Condiments</b> Salsa	<b>Main Entree</b> Egg Cheese Muffin <b>Fruit</b> Orange Juice Banana <b>Milk</b> Milk Milk, Chocolate	<b>Main Entree</b> French Toast Sticks juice apple <b>Fruit</b> Melon, Honeydew <b>Milk</b> Milk Milk, Chocolate	
11/7/2022	11/8/2022	11/9/2022	11/10/2022	11/11/2022
<b>Main Entree</b> juice apple Bagel Mini Strawberry Creamy Cheese Filled <b>Fruit</b> Banana <b>Milk</b> Milk, Chocolate Milk	<b>Main Entree</b> Pizza Breakfast <b>Fruit</b> Orange Juice Apple Sauce <b>Milk</b> Milk, Chocolate Milk	<b>Main Entree</b> juice apple Waffles Mini Maple <b>Fruit</b> Oranges Fresh <b>Milk</b> Milk Milk, Chocolate	<b>Main Entree</b> Breakfast Bar Ham, Egg & Cheese <b>Fruit</b> Orange Juice KIWI <b>Milk</b> Milk, Chocolate Milk <b>Dessert</b> Crackers Graham	
11/14/2022	11/15/2022	11/16/2022	11/17/2022	11/18/2022
<b>Main Entree</b> Pancake Apple Filled <b>Fruit</b> Orange Juice Apple, Gala <b>Milk</b> Milk Milk, Chocolate	<b>Main Entree</b> Breakfast Cookie juice apple <b>Fruit</b> Oranges Fresh <b>Milk</b> Milk, Chocolate Milk	<b>Main Entree</b> Donut Long John <b>Fruit</b> Orange Juice Banana <b>Milk</b> Milk Milk, Chocolate	<b>Main Entree</b> Muffins, Blueberry juice apple <b>Fruit</b> Melon, Cantaloupe <b>Milk</b> Milk, Chocolate Milk	



Mon	Tue	Wed	Thu	Fri
11/21/2022	11/22/2022	11/23/2022	11/24/2022	11/25/2022
11/28/2022	11/29/2022	11/30/2022	12/1/2022	12/2/2022
<b>Main Entree</b> Banana Bread <b>Fruit</b> Orange Juice Apple Sauce <b>Milk</b> Milk, Chocolate Milk	<b>Main Entree</b> juice apple Breakfast Link Sausage Egg Cheese <b>Fruit</b> Banana <b>Milk</b> Milk, Chocolate Milk	<b>Main Entree</b> Cereal <b>Fruit</b> Orange Juice Strawberries <b>Milk</b> Milk, Chocolate Milk <b>Dessert</b> Crackers Graham	<b>Main Entree</b> Sausage Cheese Muffin juice apple <b>Fruit</b> Oranges Fresh <b>Milk</b> Milk Milk, Chocolate	

FILTERS	
Name(s)	Value(s)
Buildings	(Highland Elementary School)
Date Range	(Start = 10/30/2022, End = 12/3/2022)
Menu Plan	(HES Breakfast)



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Menu Calendar



Fresh fruit and vegetables available daily

Highland Lunch  
Lunch

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Reedsport School District 105

Mon	Tue	Wed	Thu	Fri
10/31/2022	11/1/2022	11/2/2022	11/3/2022	11/4/2022
<b>Main Entree</b> Pot Pie, Chicken or Turkey Bisquit WG Ham Sandwich <b>Fruit</b> Cucumbers KIWI <b>Milk</b> Milk, Chocolate Milk	<b>Main Entree</b> Pizza Cup Chef Salad <b>Vegetables</b> Corn <b>Fruit</b> Pineapple <b>Milk</b> Milk, Chocolate Milk <b>Condiments</b> Marinara Sauce Cup	<b>Main Entree</b> Burrito Beef or Pork Cottage Cheese Platter <b>Vegetables</b> Carrots Peeled Baby <b>Fruit</b> Grapes Red <b>Milk</b> Milk, Chocolate Milk	<b>Main Entree</b> Rice Chicken Stir-Fry Turkey Sandwich <b>Fruit</b> Oranges Fresh <b>Milk</b> Milk, Chocolate Milk	
11/7/2022	11/8/2022	11/9/2022	11/10/2022	11/11/2022
<b>Main Entree</b> Beef Shepherd's Pie Ham Sandwich <b>Fruit</b> Fruit Cups <b>Milk</b> Milk, Chocolate Milk	<b>Main Entree</b> Beans, Refried Burrito Chicken Chef Salad <b>Fruit</b> Oranges Fresh <b>Milk</b> Milk, Chocolate Milk	<b>Main Entree</b> Ham Hawaiian Coconut Rice Cottage Cheese Platter <b>Vegetables</b> Celery Sticks <b>Fruit</b> Pineapple <b>Milk</b> Milk, Chocolate Milk	<b>Main Entree</b> Mac & Cheese Baked Creamy Coleslaw Turkey Sandwich <b>Milk</b> Milk, Chocolate Milk	



Mon	Tue	Wed	Thu	Fri
11/14/2022 <b>Main Entree</b> Roll Dinner Beef Vegetable Soup Ham Sandwich <b>Fruit</b> Apple, Red Delicious <b>Milk</b> Milk, Chocolate Milk	11/15/2022 <b>Main Entree</b> Chicken Fajitas Chef Salad <b>Vegetables</b> Corn <b>Fruit</b> Oranges Fresh <b>Milk</b> Milk, Chocolate Milk <b>Condiments</b> Salsa	11/16/2022 <b>Main Entree</b> Chili Con Carne with Beans Cornbread USDA Cottage Cheese Platter <b>Vegetables</b> Carrots Peeled Baby <b>Fruit</b> Pears Canned <b>Milk</b> Milk, Chocolate Milk	11/17/2022 <b>Main Entree</b> Potatoes Mashed Turkey & Dressing Turkey Sandwich <b>Vegetables</b> Beans Green <b>Fruit</b> KIWI <b>Milk</b> Milk, Chocolate Milk <b>Condiments</b> Gravy, Turkey Ranch Dressing	11/18/2022
11/21/2022	11/22/2022	11/23/2022	11/24/2022	11/25/2022
11/28/2022 <b>Main Entree</b> Roll Dinner Salisbury Steak Orange Glazed Carrots Ham Sandwich <b>Fruit</b> KIWI <b>Milk</b> Milk, Chocolate Milk	11/29/2022 <b>Main Entree</b> Beans, Refried Ropa Vieja (Shredded Beef over Rice) Chef Salad <b>Fruit</b> Oranges Fresh <b>Milk</b> Milk, Chocolate Milk <b>Condiments</b> Salsa	11/30/2022 <b>Main Entree</b> Chicken Drumstick Cottage Cheese Platter <b>Vegetables</b> Baked Sweet Potatoes & Apples Roasted Potato Salad <b>Milk</b> Milk, Chocolate Milk	12/1/2022 <b>Main Entree</b> Roll Dinner Spaghetti & Meat Sauce Turkey Sandwich <b>Vegetables</b> Beans Green <b>Milk</b> Milk, Chocolate Milk <b>Dessert</b> Strawberry Sorbet	12/2/2022

## FILTERS

Name(s)

Value(s)


HES Supper  
Dinner

Reedsport School District 105

Mon	Tue	Wed	Thu	Fri
10/24/2022	10/25/2022	10/26/2022	10/27/2022	10/28/2022
<b>Main Entree</b> Quesadilla <b>Vegetables</b> Carrots Peeled Baby <b>Fruit</b> Oranges Fresh	<b>Main Entree</b> Yogurt <b>Vegetables</b> Celery Sticks <b>Fruit</b> Fruit Cups <b>Dessert</b> Cheese Crackers	<b>Main Entree</b> Pretzels <b>Fruit</b> Apple Sauce Cucumbers	<b>Main Entree</b> Turkey Sandwich <b>Vegetables</b> Broccoli <b>Fruit</b> Banana	
10/31/2022	11/1/2022	11/2/2022	11/3/2022	11/4/2022
<b>Main Entree</b> Corn Dog <b>Vegetables</b> Broccoli <b>Fruit</b> Peach Cups <b>Milk</b> Milk Milk, Chocolate <b>Condiments</b> Ketchup Ranch Dressing	<b>Main Entree</b> Chicken Popcorn <b>Vegetables</b> Cauliflower <b>Fruit</b> Pears Canned <b>Milk</b> Milk, Chocolate Milk <b>Condiments</b> Ranch Dressing Barbeque Sauce	<b>Main Entree</b> Tuna Sub on WW Hoagie <b>Vegetables</b> Snap Peas <b>Fruit</b> Tomatoes <b>Milk</b> Milk, Chocolate <b>Condiments</b> Ranch Dressing	<b>Main Entree</b> Pizza Mini <b>Vegetables</b> Vegetables Mixed, Canned <b>Milk</b> Milk Milk, Chocolate <b>Condiments</b> Ranch Dressing <b>Dessert</b> Fruit Cups Frozen Strawberry	

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Mon	Tue	Wed	Thu	Fri
11/7/2022	11/8/2022	11/9/2022	11/10/2022	11/11/2022
<b>Main Entree</b> Cheeseburger <b>Vegetables</b> Broccoli <b>Fruit</b> Peach Cups <b>Milk</b> Milk, Chocolate Milk <b>Condiments</b> Ketchup Mustard Ranch Dressing	<b>Main Entree</b> Turkey Ranch Wrap Tortilla Shell <b>Vegetables</b> Cauliflower Lettuce, Romaine <b>Fruit</b> Pears Canned <b>Milk</b> Milk Milk, Chocolate <b>Condiments</b> Ranch Dressing	<b>Main Entree</b> Yogurt Granola <b>Vegetables</b> Snap Peas <b>Fruit</b> Tomatoes Fruit Cups <b>Milk</b> Milk, Chocolate Milk <b>Condiments</b> Ranch Dressing	<b>Main Entree</b> Chicken Sandwich <b>Vegetables</b> Vegetables Mixed, Canned <b>Milk</b> Milk, Chocolate Milk <b>Condiments</b> Ketchup Ranch Dressing Mayonnaise <b>Dessert</b> Fruit Cups Frozen Strawberry	
11/14/2022	11/15/2022	11/16/2022	11/17/2022	11/18/2022
<b>Main Entree</b> Chicken Popcorn <b>Vegetables</b> Broccoli <b>Fruit</b> Peach Cups <b>Milk</b> Milk, Chocolate Milk <b>Condiments</b> Barbeque Sauce Ranch Dressing	<b>Main Entree</b> Cheese Breadstick <b>Vegetables</b> Cauliflower <b>Fruit</b> Pears Canned <b>Milk</b> Milk, Chocolate Milk <b>Condiments</b> Ranch Dressing Marinara Sauce	<b>Main Entree</b> Cheddar Cheese Sauce Pretzel Bites <b>Vegetables</b> Snap Peas <b>Fruit</b> Tomatoes Fruit Cups <b>Milk</b> Milk, Chocolate Milk <b>Condiments</b> Ranch Dressing	<b>Main Entree</b> Cheddar Cheese Slice Buffuao Chicken Wrap <b>Vegetables</b> Vegetables Mixed, Canned <b>Milk</b> Milk, Chocolate Milk <b>Dessert</b> Fruit Cups Frozen Strawberry	
11/21/2022	11/22/2022	11/23/2022	11/24/2022	11/25/2022



Mon	Tue	Wed	Thu	Fri
11/28/2022	11/29/2022	11/30/2022	12/1/2022	12/2/2022
<b>Main Entree</b> Cheese Sandwich Grilled <b>Vegetables</b> Broccoli <b>Fruit</b> Peach Cups <b>Milk</b> Milk, Chocolate Milk <b>Condiments</b> Ranch Dressing	<b>Main Entree</b> Hot Dog <b>Vegetables</b> Cauliflower <b>Fruit</b> Pears Canned <b>Milk</b> Milk, Chocolate Milk <b>Condiments</b> Ketchup Mustard Ranch Dressing	<b>Main Entree</b> Corn Dog Mini <b>Vegetables</b> Snap Peas <b>Fruit</b> Tomatoes Fruit Cups <b>Milk</b> Milk, Chocolate Milk <b>Condiments</b> Ketchup Mustard Ranch Dressing	<b>Main Entree</b> Burrito Bean Cheese <b>Vegetables</b> Vegetables Mixed, Canned <b>Milk</b> Milk, Chocolate Milk <b>Condiments</b> Ranch Dressing <b>Dessert</b> Fruit Cups Frozen Strawberry	

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