



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



Menu Calendar



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



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Menu Calendar



Highland 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 Mathara 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	



Menu Calendar



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



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HES Supper
Dinner

Reedsport School District 105

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



Menu Calendar



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