

Menus are subject to change

Fresh Fruits and Vegetables available daily



This Institution is an equal opportunity provider

HES Breakfast 23/24 Breakfast

Reedsport School District 105

Mon	Tue	Wed	Thu	Fri
10/2/2023	10/3/2023	10/4/2023	10/5/2023	10/6/2023
Main Entree	Main Entree	Main Entree	Main Entree	
Cereal	Cereal	Banana Bread	Bagel	
Bagel	Bagel	Yogurt	Cereal	
Yogurt	Yogurt	Bagel	Yogurt Conin	
Bisquit WG Gravy Sausage Breakfast	Muffin, Strawberry	Cereal	Pancake Whole Grain	
Fruit	Fruit	Fruit	Milk	
Apple Slices	Fruit Cups	Apple Sauce	Milk Milk, Chocolate	
Milk	Milk Milk	Milk Milk	Dessert	
Milk	Milk, Chocolate	Milk, Chocolate	Cream Cheese	
Milk, Chocolate	Dessert	Dessert	Greath Officese	
Dessert	Cream Cheese	Cream Cheese		
Cream Cheese	Orean Oneese	Cream Cheese		
10/9/2023	10/10/2023	10/11/2023	10/12/2023	10/13/2023
Main Entree	Main Entree	Main Entree	Main Entree	
Burrito Breakfast	Waffles Mini Maple	Cereal	Pancake Apple Filled	
Yogurt	Cereal	Bagel	Bagel	
Cereal	Yogurt	French Toast Sticks	Cereal	
Bagel	Bagel	Yogurt	Fruit	
Fruit	Fruit	Fruit	Fruit Cups	
Fruit Mixed (canned)	Apple Sauce	Strawberries	Milk	
Milk	Milk	Milk	Milk	
Milk	Milk	Milk	Milk, Chocolate	
Milk, Chocolate	Milk, Chocolate	Milk, Chocolate	Dessert	
Dessert	Dessert	Dessert	Cream Cheese	
Cream Cheese	Cream Cheese	Cream Cheese		



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Menu Calendar

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Mon	Tue	Wed	Thu	Fri
10/16/2023 Main Entree Cereal Bagel	10/17/2023 Main Entree Cereal Bagel	10/18/2023 Main Entree Banana Bread Yogurt	10/19/2023 Main Entree Bagel Cereal	10/20/2023
Yogurt Bisquit WG Gravy Sausage Breakfast Fruit Apple Slices Milk Milk Milk Milk, Chocolate Dessert Cream Cheese	Yogurt Muffin, Strawberry Fruit Fruit Cups Milk Milk Milk, Chocolate Dessert Cream Cheese	Bagel Cereal Fruit Apple Sauce Milk Milk Milk, Chocolate Dessert Cream Cheese	Yogurt Pancake Whole Grain Milk Milk Milk, Chocolate Dessert Cream Cheese	
10/23/2023 Main Entree	10/24/2023 Main Entree	10/25/2023 Main Entree	10/26/2023 Main Entree	10/27/2023
Burrito Breakfast Yogurt Cereal Bagel Fruit	Waffles Mini Maple Cereal Yogurt Bagel Fruit	Cereal Bagel French Toast Sticks Yogurt Fruit	Pancake Apple Filled Bagel Cereal Fruit	
Fruit Mixed (canned) Milk Milk Milk, Chocolate	Apple Sauce Milk Milk Milk, Chocolate	Strawberries Milk Milk Milk, Chocolate	Fruit Cups Milk Milk Milk, Chocolate Dessert	
Dessert Cream Cheese	Dessert Cream Cheese	Dessert Cream Cheese	Cream Cheese	



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Mon	Tue	Wed	Thu	Fri
10/30/2023	10/31/2023	11/1/2023	11/2/2023	11/3/2023
Cereal Bagel Yogurt Bisquit WG Gravy Sausage Breakfast Fruit Apple Slices Milk Milk	Main Entree Cereal Bagel Yogurt Muffin, Strawberry Fruit Fruit Cups Milk Milk Milk, Chocolate Dessert Cream Cheese	Milk Milk, Chocolate		





Menu Calendar

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HES Lunch 23/24 Lunch

Reedsport School District 105

Mon	Tue	Wed	Thu	25 TO 10	Fri
10/2/2023	10/3/2023	10/4/2023	1	0/5/2023	10/6/2023
Main Entree	Main Entree	Main Entree	Main Entree		
Potato, Tater Tots	Corn Dog	BBQ Pulled Pork Sandwich	Brown Rice		
Chicken Strips	Vegetables	Chips, Tortilla	Chicken Manderine		
Vegetables	Carrots Peeled Baby	Vegetables	Vegetables		
Broccoli	Fruit	Carrots Peeled Baby	Broccoli		
Fruit	Apple Sauce	Fruit	Fruit		
Strawberries	Milk	Apple, Honey Crisp	Strawberries		
Milk	Milk	Milk	Milk		
Milk, Chocolate	Milk, Chocolate	Milk	Milk		
Milk	, and the second	Milk, Chocolate	Milk, Chocolate		
10/9/2023	10/10/2023	10/11/2023	10	0/12/2023	10/13/2023
Main Entree	Main Entree	Main Entree	Main Entree		
Potato, Tater Tots	WG Pizza Cheese	Spaghetti and Meatballs	Brown Rice		
Fish Sticks	WG Pizza Pepperoni	Garlic Toast	Teriyaki Chicken		
Fruit	Vegetables	Vegetables	Vegetables		
Apple, Honey Crisp	Carrots Peeled Baby	Celery Sticks	Broccoli		
Milk	Fruit	Fruit	Fruit		
Milk	Apple, Honey Crisp	Fruit Cups	Fruit Cups		
Milk, Chocolate	Milk	Milk	Milk		
	Milk	Milk	Milk		
	Milk, Chocolate	Milk, Chocolate	Milk, Chocolate		
10/16/2023	10/17/2023	10/18/2023	10	0/19/2023	10/20/2023
Main Entree	Main Entree	Main Entree	Main Entree		
Potato, Tater Tots	Corn Dog	BBQ Pulled Pork Sandwich	Brown Rice		
Chicken Strips	Vegetables	Chips, Tortilla	Chicken Manderine		
Vegetables	Carrots Peeled Baby	Vegetables	Vegetables		
Broccoli	Fruit	Carrots Peeled Baby	Broccoli		
Fruit	Apple Sauce	Fruit	Fruit		
Strawberries	Milk	Apple, Honey Crisp	Strawberries		
Milk	Milk	Milk	Milk		
Milk, Chocolate	Milk, Chocolate	Milk	Milk		
Milk		Milk, Chocolate	Milk, Chocolate		





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Mon	Tue	Wed	Thu	Fri
10/23/2023	10/24/2023	10/25/2023	10/26/2023	10/27/2023
Main Entree Potato, Tater Tots	Main Entree WG Pizza Cheese	Main Entree	Main Entree Brown Rice	
Fish Sticks	WG Pizza Cheese WG Pizza Pepperoni	Spaghetti and Meatballs Garlic Toast	Teriyaki Chicken	
Fruit	Vegetables	Vegetables	Vegetables	
Apple, Honey Crisp	Carrots Peeled Baby	Celery Sticks	Broccoli	
Milk	Fruit	Fruit	Fruit	
Milk	Apple, Honey Crisp	Fruit Cups	Fruit Cups	
Milk, Chocolate	Milk	Milk	Milk	
	Milk Milk, Chocolate	Milk Milk, Chocolate	Milk Milk, Chocolate	
10/30/2023	10/31/2023	11/1/2023	11/2/2023	11/3/2023
Main Entree	Main Entree	Main Entree	Main Entree	
Mac & Cheese	Cheeseburger	Crispy Chicken Sandwich	Baked Ravioli Cheese Filled	
Garlic Toast	Potato, French Fries	Vegetables	Vegetables	
Vegetables	Vegetables	Salad Veg	Carrots Peeled Baby	
Snap Peas	Carrots Peeled Baby	Fruit	Fruit	
Fruit	Fruit	Melon, Cantaloupe	Oranges, Mandarin	
Oranges Fresh	Apple, Honey Crisp	Milk	Milk	
Milk	Milk	Milk	Milk	
Milk Milk, Chocolate	Milk Milk, Chocolate	Milk, Chocolate	Milk, Chocolate	

