



Menus are subject to change  
Fresh Fruits and Vegetables available daily

Menu Calendar



This is an equal opportunity provider

HES Breakfast 23/24  
Breakfast

Reedsport School District 105

Mon	Tue	Wed	Thu	Fri
10/30/2023	10/31/2023	11/1/2023	11/2/2023	11/3/2023
<b>Main Entree</b> WG Cereal WG Bagel Yogurt WG Biscuit Gravy Sausage Breakfast <b>Fruit</b> Apple Slices <b>Milk</b> Milk Milk, Chocolate <b>Dessert</b> Cream Cheese	<b>Main Entree</b> WG Cereal WG Bagel Yogurt WG Muffin, Strawberry <b>Fruit</b> Fruit Cups <b>Milk</b> Milk Milk, Chocolate <b>Dessert</b> Cream Cheese	<b>Main Entree</b> WG Banana Bread Yogurt Basket WG Cereal WG Bagel <b>Fruit</b> Strawberries Dried Fruit Mix <b>Milk</b> Milk Milk, Chocolate <b>Dessert</b> Cream Cheese	<b>Main Entree</b> WG Cereal WG Bagel WG Breakfast Sandwich Sausage ,Egg and Cheese <b>Fruit</b> Fruit Cups Dried Fruit Mix <b>Milk</b> Milk Milk, Chocolate <b>Dessert</b> Cream Cheese	
11/6/2023	11/7/2023	11/8/2023	11/9/2023	11/10/2023
<b>Main Entree</b> WG Cereal WG Bagel WG Muffin, Strawberry <b>Fruit</b> Dried Fruit Mix Oranges Fresh <b>Milk</b> Milk Milk, Chocolate <b>Dessert</b> Cream Cheese	<b>Main Entree</b> WG Bagel WG Cereal Yogurt Fruit Parfait <b>Fruit</b> Dried Fruit Mix Blueberries <b>Milk</b> Milk Milk, Chocolate <b>Dessert</b> Cream Cheese	<b>Main Entree</b> WG Cereal WG Bagel Pizza Breakfast <b>Fruit</b> Dried Fruit Mix Banana <b>Milk</b> Milk Milk, Chocolate <b>Dessert</b> Cream Cheese	<b>Main Entree</b> WG Pancake WG Cereal WG Bagel <b>Fruit</b> Dried Fruit Mix Oranges Fresh <b>Milk</b> Milk Milk, Chocolate <b>Dessert</b> Cream Cheese	



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Mon	Tue	Wed	Thu	Fri
11/13/2023 <b>Main Entree</b> WG Cereal WG Bagel WG Eggo Mini Waffles <b>Fruit</b> Dried Fruit Mix Fruit Cups <b>Milk</b> Milk Milk, Chocolate <b>Dessert</b> Cream Cheese	11/14/2023 <b>Main Entree</b> WG Bagel WG Cereal WG Muffins, Blueberry <b>Fruit</b> Dried Fruit Mix Orange Juice <b>Milk</b> Milk Milk, Chocolate <b>Dessert</b> Cream Cheese	11/15/2023 <b>Main Entree</b> WG Bagel WG Cereal WG Banana Bread <b>Fruit</b> Dried Fruit Mix Fruit Cups <b>Milk</b> Milk Milk, Chocolate <b>Dessert</b> Cream Cheese	11/16/2023 <b>Main Entree</b> WG Cereal WG Bagel Yogurt Fruit Parfait <b>Fruit</b> Fruit Cups Dried Fruit Mix <b>Milk</b> Milk Milk, Chocolate <b>Dessert</b> Cream Cheese	11/17/2023
11/20/2023	11/21/2023	11/22/2023	11/23/2023	11/24/2023
11/27/2023 <b>Main Entree</b> WG Cereal WG Bagel Pizza Breakfast <b>Fruit</b> Dried Fruit Mix Fruit Cups <b>Milk</b> Milk Milk, Chocolate <b>Dessert</b> Cream Cheese	11/28/2023 <b>Main Entree</b> WG Bagel WG Cereal Yogurt Basket Wg Pumpkin Bread <b>Fruit</b> Dried Fruit Mix Blueberries <b>Milk</b> Milk Milk, Chocolate <b>Dessert</b> Cream Cheese	11/29/2023 <b>Main Entree</b> WG Pancake WG Cereal WG Bagel <b>Fruit</b> Dried Fruit Mix Oranges Fresh <b>Milk</b> Milk Milk, Chocolate <b>Dessert</b> Cream Cheese	11/30/2023 <b>Main Entree</b> WG Cereal WG Bagel WG Breakfast Sandwich Sausage ,Egg and Cheese <b>Fruit</b> Fruit Cups Dried Fruit Mix <b>Milk</b> Milk Milk, Chocolate <b>Dessert</b> Cream Cheese	12/1/2023



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HES Lunch 23/24  
Lunch

Reedsport School District 105

Mon	Tue	Wed	Thu	Fri
10/30/2023	10/31/2023	11/1/2023	11/2/2023	11/3/2023
<b>Main Entree</b> Mac & Cheese WG Garlic Toast <b>Vegetables</b> Snap Peas <b>Fruit</b> Oranges Fresh <b>Milk</b> Milk Milk, Chocolate	<b>Main Entree</b> WG Cheeseburger Potato, French Fries <b>Vegetables</b> Carrots Peeled Baby <b>Fruit</b> Apple, Honey Crisp <b>Milk</b> Milk Milk, Chocolate	<b>Main Entree</b> Taco Bowl <b>Vegetables</b> Salad Veg Carrots Peeled Baby <b>Fruit</b> Melon, Cantaloupe <b>Milk</b> Milk Milk, Chocolate	<b>Main Entree</b> Chicken Alfredo WG Garlic Toast <b>Vegetables</b> Carrots Peeled Baby <b>Fruit</b> Oranges, Mandarin <b>Milk</b> Milk Milk, Chocolate	
11/6/2023	11/7/2023	11/8/2023	11/9/2023	11/10/2023
<b>Main Entree</b> WG Chicken Quesadilla <b>Vegetables</b> Salad Veg Carrots Peeled Baby <b>Fruit</b> Fruit Cups Apple Slices <b>Milk</b> Milk Milk, Chocolate	<b>Main Entree</b> WG Meatball Sub <b>Vegetables</b> Broccoli <b>Fruit</b> Oranges, Mandarin Fruit Cups <b>Milk</b> Milk Milk, Chocolate	<b>Main Entree</b> Chicken Taco <b>Vegetables</b> Beans Green <b>Fruit</b> Oranges, Mandarin Dried Fruit Mix <b>Milk</b> Milk Milk, Chocolate	<b>Main Entree</b> Chips, Tortilla WG Hot Dog <b>Vegetables</b> Broccoli <b>Fruit</b> Watermelon <b>Milk</b> Milk Milk, Chocolate	



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## Menu Calendar



Mon	Tue	Wed	Thu	Fri
11/13/2023 <b>Main Entree</b> WG Garlic Toast Chicken Alfredo <b>Vegetables</b> Snap Peas <b>Fruit</b> Oranges Fresh <b>Milk</b> Milk Milk, Chocolate	11/14/2023 <b>Main Entree</b> WG Cheeseburger Potato, French Fries <b>Vegetables</b> Carrots Peeled Baby <b>Fruit</b> Apple, Honey Crisp <b>Milk</b> Milk Milk, Chocolate	11/15/2023 <b>Main Entree</b> Taco Bowl <b>Vegetables</b> Salad Veg Broccoli <b>Fruit</b> Melon, Cantaloupe <b>Milk</b> Milk Milk, Chocolate	11/16/2023 <b>Main Entree</b> Potatoes Mashed Gravy, Turkey Turkey Slice Whole Grain Roll Dinner Wg Pumpkin Bread <b>Vegetables</b> Beans Green <b>Milk</b> Milk Milk, Chocolate <b>Condiments</b> Cranberry Sauce	11/17/2023
11/20/2023	11/21/2023	11/22/2023	11/23/2023	11/24/2023
11/27/2023 <b>Main Entree</b> WG Chicken Quesadilla <b>Vegetables</b> Salad Veg Carrots Peeled Baby <b>Fruit</b> Fruit Cups <b>Milk</b> Milk Milk, Chocolate	11/28/2023 <b>Main Entree</b> WG Cheeseburger Potato, French Fries <b>Vegetables</b> Carrots Peeled Baby <b>Fruit</b> Apple, Honey Crisp <b>Milk</b> Milk Milk, Chocolate	11/29/2023 <b>Main Entree</b> Chicken Taco <b>Vegetables</b> Beans Green <b>Fruit</b> Oranges, Mandarin <b>Milk</b> Milk Milk, Chocolate	11/30/2023 <b>Main Entree</b> Chips, Tortilla WG Hot Dog <b>Vegetables</b> Broccoli <b>Fruit</b> Watermelon <b>Milk</b> Milk Milk, Chocolate	12/1/2023