



Portland Village School

FEATURE OF THE MONTH

Truitt Bros. & Central Bean Co.

We are pleased to offer locally sourced beans from Truitt Brothers this month! Truitt Bros. beans are sustainably grown by family-owned Central Bean Company in Quincy, Wash., which is Food Alliance Certified. In 2010, the company was recognized as one of Oregon's leaders in sustainable approaches to business.

Student: _____

Teacher: _____

Please circle one option per day below.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	No School	1 Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	2 Lunch: (V) Rolled Enchiladas Rojas, fresh fruit, and veggies	3 Lunch: (DF) Meaty Moes, fresh fruit, and veggies Vegetarian Alt: (V, DF) Messy Moes
Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies	7 Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies Vegetarian Alt: (V, DF) Teriyaki Black Bean & Rice	8 Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	9 Lunch: Meatball Sub, fresh fruit, and veggies Vegetarian Alt: (V) Mac and Cheese, Whole Wheat Roll	10 Lunch: (V, GF, DF) Hearty Chili, WG Tortilla Chips, fresh fruit, and veggies
Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, and veggies Vegetarian Alt: (V, DF) Hearty Spaghetti, WG Garlic Bread	14 Lunch: (DF) Orange Chicken, fresh fruit, and veggies Vegetarian Alt: (V) Cheesy Beans and Rice	15 Lunch: (V) Veggie & Cheese Hoagie, fresh fruit, and veggies	16 Lunch: (GF Filling, DF) Soft Chicken Tacos, fresh fruit, and veggies Vegetarian Alt: (GF Filling, V, DF) Soft Taco w/ Pinto Beans	18 Lunch: (V) Hearty Pot Pie, Whole Wheat Roll, fresh fruit, and veggies
No School	21 Lunch: (V) Cheesy Beans and Rice, fresh fruit, and veggies	22 Lunch: (V, GF) Vegetarian Taco Salad, fresh fruit, and veggies	23 Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies Vegetarian Alt: (V) Traditional Pizza Bagel	24 Lunch: Chicken Pot Pie, Whole Wheat Roll, fresh fruit, and veggies Vegetarian Alt: (V) Hearty Pot Pie, Whole Wheat Roll
28 Lunch: (V) Mozzarella Pasta Bake, WG Garlic Bread, fresh fruit, and veggies	29 Lunch: (V, GF, DF) Egg Fried Rice, fresh fruit, and veggies	30 Lunch: (V, DF) Pancake Breakfast, Roasted Potatoes, fresh fruit, Raspberry Fruit Spread	31 Lunch: (V) Rolled Enchiladas Rojas, fresh fruit, and veggies	

DF - Dairy Free

GF - Gluten Free

V - Vegetarian

ALL MEALS ARE SERVED WITH FRESH FRUITS AND VEGETABLES
ALL MEALS ARE SERVED WITH A VARIETY OF MILK

Portland Village School is an equal opportunity provider.