



Portland Village School

FEATURE OF THE MONTH

Bake Works

Bake Works is a family run bakery in Vancouver. They provide us with Zac Attack fruit & oat bars and Dipperdoodle bars that are all natural; skipping the high-fructose corn syrup and artificial ingredients while also being whole grain rich. They source locally whenever possible, working with farmers and growers to source the highest quality fruits and grains available.

Student: _____

Teacher: _____

Please circle one option per day below.

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|--|-----------|---|-----------|--|-----------|--|-----------|--|-----------|
| | 2 | | 3 | | 4 | | 5 | | 6 |
| | | Lunch: fresh fruit, and veggies, (V) Cheesy Beans and Rice | | Lunch: (V, GF) Vegetarian Taco Salad, fresh fruit | | Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies Alt. Lunch: (V) Traditional Pizza Bagel | | Lunch: Chicken Pot Pie, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V) Hearty Pot Pie, Whole Wheat Roll | |
| | 9 | | 10 | | 11 | | 12 | | 13 |
| Lunch: (V) Mozzarella Pasta Bake, fresh fruit, and veggies | | Lunch: (V, GF, DF) Egg Fried Rice, fresh fruit, and veggies | | Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese | | Lunch: (V) Rolled Enchiladas Rojas, fresh fruit, and veggies | | Lunch: Chicken Stuffing & Gravy, fresh fruit, and veggies Alt. Lunch: (V) Roasted Garlic Pizza Bagel | |
| | 16 | | 17 | | 18 | | 19 | | 20 |
| Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies | | Lunch: fresh fruit, and veggies, (DF) Orange Chicken Alt. Lunch: (V) Pasta Alfredo, WG Garlic Bread | | Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies | | Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V) Macho Nachos | | Lunch: (GF, DF) Meaty Chili, WG Tortilla Chips, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Hearty Chili, WG Tortilla Chips | |
| | 23 | | 24 | | 25 | | 26 | | 27 |
| Lunch: (DF) Meaty Spaghetti, fresh fruit, and veggies Alt. Lunch: (V, DF) Hearty Spaghetti, WG Garlic Bread | | Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies Alt. Lunch: (V, DF) Teriyaki Black Bean & Rice | | Lunch: (V, DF) Pancake Breakfast, fresh fruit, and veggies | | Lunch: (V, DF) Soft Taco w/ Pinto Beans, fresh fruit, and veggies | | Lunch: (DF) Turkey Hot Dog, Ranch, fresh fruit, and veggies Alt. Lunch: (V) Traditional Pizza Bagel | |
| | 30 | | | | | | | | |
| Lunch: (V) Mozzarella Pasta Bake, 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

The USDA and Portland Village School are equal opportunity providers.