

Kalmiopsis 2018 Menu

"Brookings-Harbor school district is an equal opportunity provider"
Menu subject to change



Help the Knight Find his way to the castle.



Breakfast \$0

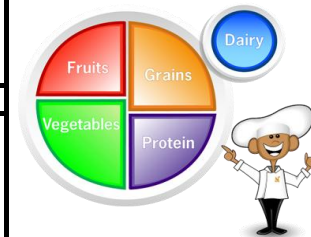
Lunch \$0

3	4	5	6	7
	Yogurt n' cheese stx Bean n' cheese Burrito	Bagelful Hot Dog	French Toast Bites Egg roll with rice	WG Poptart w/cheese stx Turkey sandwich with chips
10	11	12	13	14
Breakfast bar w/cheese stx Hamburger	Sunrise Sandwich Personal Pizza	Breakfast Burrito Pulled Pork on Bun	Pancake on a Stick Black Bean Quesadilla	Muffin w/cheese stx Hawaiian wrap with chips
17	18	19	20	21
Breakfast Burrito Dino nuggets with 1/2 soft pretzel	Yogurt n' cheese stx Beefy Noodles with roll	Bagelful Super Nacho's	French Toast Bites Teriyaki Chicken Bowl	WG Poptart w/cheese stx Monte Cristo
24	25	26	27	28
Breakfast bar w/cheese stx Chicken on a bun	Sunrise Sandwich Personal Pizza	Breakfast Burrito Meaty Spaghetti with roll	Pancake on a Stick Chicken Noodle soup with bread stick	Muffin w/cheese stx Tuna wraps with chips



DID YOU KNOW?

Students must choose three full portions of the five, with at least one choice being a fruit or vegetable. Schools also must ensure that components meet age-specific caloric minimums and maximums (k-12)



Dates to Remember....

9/4 1st-5th grades 1st day of school
9/7 First day for kindergarten
Fall pictures TBD



3 SALAD bars

Includes but not limited to; variety of fruits, vegetables, legumes, cheese, salads, dressings, sauces, and condiments
Look for Garden fresh veggies right from our own school gardens!

- *LETTUCE
- *PEAS
- *CUCUMBER
- *BELL PEPPER
- *TOMATOES



