

Siletz Valley
Charter &
Eddyville
Charter
Lunch Menu



September
2022



Daily Deli Specials:

- Monday:** Ham & Cheese Sub & Chef Salad
- Tuesday:** Italian Sub & Crispy Chicken Salad
- Wednesday:** American Sub Sandwich & SW Taco Salad
- Thursday:** Sunbutter & Jelly Sandwich or Hummus Veggie Box
- Friday: No School**
- All Salads Served with a WW Dinner Roll
- Elementary: Sandwich Option Offered Daily
- Secondary: Sandwich & Salad Option Offered Daily

Offered Daily at **Secondary Only**
 Monday: Chicken Burgers (Spicy & Regular) w/Tater Tots or French Fries
 Tuesdays: Cheeseburger w/Tater Tots or French Fries
 Wednesdays: Meat Lovers Pizza or Cheese (v)
 Thursdays: Breadsticks w/Marinara



Lunch Includes: Selection of Canned and Fresh Fruit, Fresh Vegetables, Whole Grain Rich Breads, Protein, and Low-Fat & Fat-Free Milk
 Students must choose 3 of 5 Meal Components 1 must be a 1/2 cup of fruit or veggie

			1 All Grades Spaghetti w/Plant Based Sauce (v)	2 High School Bean & Cheese Enchilada Elementary Bean & Cheese Burrito
5 No School Labor Day	6 High School BBQ Pulled Pork Sandwich w/Potato Wedges Elementary BBQ Pulled Pork Sandwich	7 All Grades Meat & Cheese Nachos	8 High School Chicken Nuggets w/Oven Baked Fries & WW Roll Elementary Chicken Nuggets w/WW Roll	9 All Grades Alaskan Fish & Chips w/WW Roll
12 High School BBQ Meatball Sub w/Chips Elementary Chicken Burger on WG Bun	13 All Grades Mini Ravioli w/WW Roll (v)	14 All Grades Chicken Nuggets w/Tater Tots & Roll	15 High School Hot Dog w/Fries Elementary Cheesy Breadsticks w/Marinara	16 All Grades Home Style Macaroni & Cheese
19 All Grades Home Style Macaroni & Cheese	20 All Grades Grilled Cheese w/Tomato Soup	21 All Grades Garden Noodle Bowl (v) Elementary Cheese Pizza	22 All Grades Scratch Made Sloppy Joes w/Tater Tots	23 All Grades Chicken Nuggets w/Tater Tots & WW Roll
26 High School Chicken Nuggets w/Oven Baked Fries & WW Roll Elementary Chicken Nuggets w/WW Roll	28 High School Chicken Burrito Bowl Elementary Cheeseburger on WG Bun	28 All Grades Turkey Gravy over Mashed Potatoes w/WW Roll	29 All Grades Cheesy Breadsticks w/Marinara	30 High School Bean & Cheese Enchilada Elementary Bean & Cheese Burrito

WW = Whole Wheat WG= Whole Grain

This institution is an equal opportunity provider
 Menu Subject to Change

