

# OCTOBER 2021

## Tigard-Tualatin SD K-12 Menu



This institution is an equal opportunity provider



Menu subject to change



### Cereal Options:

Golden Grahams, Apple Cinnamon Cherrios, Cherrios, Honey Nut Cherrios, Frosted Mini Wheat, Cinnamon Toast Crunch, Trix

### Beverage Options:

1% Milk, Fat Free Milk, Fat Free Chocolate Milk



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Breakfast:  
Oatmeal Muffin Top, Fruit & Milk **1**

Lunch:  
Chicken Burger, Vegetable & Fruit

Breakfast:  
Bagel w/ Cream Cheese, Fruit & Milk **6**

Lunch:  
Chicken Alfredo, Vegetable & Fruit

Breakfast:  
Cereal, Fruit & Milk **7**

Lunch:  
3-Bean Chili, Vegetable & Fruit

**No School In-Service Day** **8**

Breakfast:  
Muffin, Fruit & Milk **4**

Lunch:  
Chicken Bites, Vegetable & Fruit

Breakfast:  
Cereal, Fruit & Milk **5**

Lunch:  
Orange Chicken w/ Noodles, Vegetable & Fruit

Breakfast:  
Muffin, Fruit & Milk **11**

Lunch:  
Popcorn Chicken, Vegetable & Fruit

Breakfast:  
Cereal, Fruit & Milk **12**

Lunch:  
Chicken Noodle Soup w/ Grilled Cheese, Vegetable & Fruit

Breakfast:  
Bagel w/ Cream Cheese, Fruit & Milk **13**

Lunch:  
Cheese Pizza, Vegetable & Fruit

Breakfast:  
Cereal, Fruit & Milk **14**

Lunch:  
Fried Rice, Vegetable & Fruit

Breakfast:  
Oatmeal Muffin Top, Fruit & Milk **15**

Lunch:  
Teriyaki Chicken Burger, Vegetable & Fruit

Breakfast:  
Muffin, Fruit & Milk **18**

Lunch:  
Corn Dog, Vegetable & Fruit

Breakfast:  
Cereal, Fruit & Milk **19**

Lunch:  
Grilled Cheese w/ Tomato Dipping Sauce, Vegetable & Fruit

Breakfast:  
Bagel w/ Cream Cheese, Fruit & Milk **20**

Lunch:  
Chicken Spaghetti, Vegetable & Fruit

Breakfast:  
Cereal, Fruit & Milk **21**

Lunch:  
Taco Soup w/ Tortilla Chips, Vegetables & Fruit

Breakfast:  
Oatmeal Muffin Top, Fruit & Milk **22**

Lunch:  
Deli Sandwich, Vegetable & Fruit

Breakfast:  
Muffin, Fruit & Milk **25**

Lunch:  
Chicken Tenders, Vegetable & Fruit

Breakfast:  
Cereal, Fruit & Milk **26**

Lunch:  
Hamburger, Vegetable & Fruit

Breakfast:  
Bagel w/ Cream Cheese, Fruit & Milk **27**

Lunch:  
Chicken Noodle Soup w/ Grilled Cheese, Vegetable & Fruit

**No School Conferences** **28**

**No School Conferences** **29**