

**Lincoln County
School District
Siletz Valley
Charter**






**October
2021
Lunch Menu**



Daily Deli Specials:
Monday: Ham & Cheese Sub
Tuesday: Turkey & Cheese Sandwich
Wednesday: American Sub Sandwich
Thursday: Sunbutter & Jelly Sandwich
Friday: Italian Sub Sandwich



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 ½ cup of fruit or veggie

4 WGR Bean & Cheese Burrito w/Salsa	5 Oven Baked Chicken Burger w/Oven Baked Fries	6 Pork Posole w/Tortilla Chips	7 Turkey Gravy with Mashed Potatoes & WW Roll	8 No in Person School
11 Cheeseburger w/Oven Baked Fries	12 Taco Tuesday Pulled Pork Taco w/Salsa	13 Tater Tot Casserole w/WW Roll	14 Spaghetti w/Plant Base Sauce (v)	15 No in Person School
18 Oven Roasted Hot Dog w/Chips	19 Cheesy Breadsticks w/Marinara	20 BBQ Chicken Sandwich on WW Bun	21 Baked Penne Pasta (v) w/Caesar Side Salad	22 No in Person School
25 Hot Dog w/Oven Baked French Fries	26 Cheesy Breadsticks w/Marinara	27 Oven Baked Corn Dog w/Fries	28 Homestyle Macaroni & Cheese (v) w/side Corn	29 No in Person School
				

WW = Whole Wheat WG= Whole Grain

This institution is an equal opportunity provider
 Menu Subject to Change