



October 2019 ELEMENTARY SCHOOL MENU

Amity Creek, Buckingham, Elk Meadow, High Lakes, Highland, Jewell, Juniper, Lava Ridge, Miller, North Star, Pine Ridge, Ponderosa, Silver Rail, Three Rivers and Westside Village

HELP WANTED!
Work for
Bend-La Pine Schools
see back for details

CUISINE DAY	Monday <i>Americana</i> Fresh Farm Picks	Tuesday <i>SOUTH OF THE BORDER</i>	Wednesday <i>asian</i>	Thursday <i>Homestyle</i>	Friday <i>ITALIAN</i>
		1 ♦ Maple Burst Mini Pancakes * White Bean Chicken Chili * Cheese Quesadilla ♦ * Salsa Rojo	2 * * Ham & Cheese Quesadilla * Sweet Thai Chili Chicken Brown Rice in a Pagoda	3 * ✓ Chicken in a Biscuit w/Honey * Baked Creamy Macaroni & Cheese * Fruit Salad	4 ✓ ♦ * Chocolate Baker's Bar * Chicken Parmesan * Spaghetti & Marinara * Caesar Salad
7	♦ Ultimate Breakfast Round * Breaded Chicken Sandwich * Tater Tots	8 ★ ♦ Strawberry Splash Pancakes ♦ * Homemade Bean & Cheese Burrito ♦ * Roasted Pineapple Salsa	9 * * Sausage & Cheddar Scramble, * Tater Tots * Orange Popcorn Chicken Brown Rice in a Pagoda	10 ♦ French Toast Sticks ● * Beef Chili ✓ * Cornbread * Greek Broccoli Salad	11 ✓ ♦ * Cinnamon Baker's Bar ✓ ♦ * Cheesy Breadstick ♦ * Marinara Dipping Sauce * House Salad
14	♦ French Toast Sticks  * ♦ Creamy Tomato Basil Soup * ✓ Toasted Cheese	15 * * Ham & Cheese Quesadilla * ▼ ● Beef Crunchy Taco Tortilla Chips ♦ * Green Dragon Salsa	16 ★ ♦ Blueberry Bash Waffles * Teriyaki Noodles w/ Chicken & Veggies in a Pagoda	17 * * Breakfast Flatbread with Bacon * Roast Chicken * Mashed Potatoes * Chicken Gravy * Autumn Kale Salad * ✓ Chocolate Cake	18 ✓ ♦ * Maple Baker's Bar * Baked Chicken Alfredo ✓ * Italian Breadstick * Caesar Salad
21	♦ Ultimate Breakfast Round * * Toasted Ham & Cheese * Cajun Tots	22 * * Ham & Cheddar Scramble, * Tater Tots * Chicken Tortilla Soup * Cheese Quesadilla ♦ * Peach Sriracha Salsa	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL
28	♦ French Toast Sticks * Chicken Noodle Soup * ✓ Toasted Cheese	29 ♦ Maple Burst Mini Pancakes * Chicken & Cheese Enchilada Tortilla Chips ♦ * Roasted Garlic Salsa	30 * * Ham & Cheese Quesadilla * Teriyaki Chicken Brown Rice in a Pagoda	31 * * Sausage & Cheddar Scramble, * Tater Tots ✓ * Homemade Cinnamon Roll Sausage Patty * Orzo Pasta Salad 	

Daily Dishes

M

- * Salads (Chicken Caesar, Chef, Vegetable w/ ✓ * Roll)
- ✓ * Deli Sandwich (Turkey, * Ham, PBJ)
- ▼ ♦ * Hummus w/ Tortilla Chips
- ✓ * * Pizza (Pepperoni, Cheese, or Vegetable)
- Cheeseburger w/ French Fries
- ♦ * Black Bean Burger w/ French Fries

Tu

- ✓ * * Pizza (Pepperoni, Cheese, or Vegetable)
- ✓ * Deli Sandwich (Turkey, * Ham, PBJ)
- * Salads (Chicken Caesar, Chef, Vegetable w/ ✓ * Roll)
- ▼ * Nachos (● Beef or Bean & Cheese)

W

- ✓ * * Pizza (Pepperoni, Cheese, or Vegetable)
- ✓ * Deli Sandwich (Turkey, * Ham, PBJ, Egg Salad)
- * Salads (Chicken Caesar, Chef, Vegetable w/ ✓ * Roll)
- ▼ ♦ * Egg Salad on Bed of Lettuce w/ Tortilla Chips
- Hot Dog w/ Tater Tots

Th

- ✓ * * Pizza (Pepperoni, Cheese, or Vegetable)
- ✓ * Deli Sandwich (Turkey, * Ham, PBJ, Tuna Salad)
- * Salads (Chicken Caesar, Chef, Vegetable w/ ✓ * Roll)
- ▼ * Tuna Salad w/ Tortilla Chips or Tuna Deli
- Chicken Strips w/ Tater Tots

F

- ✓ * * Pizza (Pepperoni, Cheese, or Vegetable)
- ✓ * Deli Sandwich (Turkey, * Ham, PBJ)
- * Salads (Chicken Caesar, Chef, Vegetable w/ ✓ * Roll)
- ▼ ♦ * Deviled Eggs w/ Tortilla Chips
- Corn Dog w/ Tater Tots

KEY

- ★ New | ● Painted Hills Natural Beef | ✕ May contain pork
- ▼ Gluten Free | ➤ Draper Valley Farms
- ✓ Camas Country Mills Flour | ♦ Vegetarian
- ♥ Oregon Caught | * Made fresh from scratch

B E N D  L A P I N E
S c h o o l s

AVAILABLE WITH ALL ELEMENTARY SCHOOL BREAKFASTS:
Lowfat & Nonfat White Milk, Fresh & Chilled Canned Fruit, Fruit Juice

ADDITIONAL DAILY BREAKFAST ENTRÉE CHOICES:
Hot & Cold Variety Cereal, Yogurt & Granola, Whole Wheat
Buttermilk Bar

AVAILABLE WITH ALL ELEMENTARY SCHOOL LUNCHES:
Lowfat & Nonfat White Milk, Nonfat Chocolate Milk,
Variety of Fruits, Salads, Fresh Vegetables, Orange Juice,
Dessert when menued

FREE OR REDUCED PRICED MEALS INCOME ELIGIBILITY

HOW TO APPLY:

You can apply for Free or Reduced-Price Meals at any time during the school year. If your gross income is at or below the levels in the charts below, you may qualify for free or reduced price meals. All grade levels are included. Applications may be turned in any time during the year and are available from your child’s school, our web site, or from the Nutrition Services office. Call 541-355-1153 with questions.

FREE MEALS			
Household	Annual	Monthly	Weekly
- 1 -	16,237	1,354	313
- 2 -	21,983	1,832	423
- 3 -	27,729	2,311	534
- 4 -	33,475	2,790	644
- 5 -	39,221	3,269	755
- 6 -	44,967	3,748	865
- 7 -	50,713	4,227	976
- 8 -	56,456	4,705	1,086
For each additional family member add	5,746	479	111

REDUCED PRICE MEALS			
Household	Annual	Monthly	Weekly
- 1 -	23,107	1,926	445
- 2 -	31,284	2,607	602
- 3 -	39,461	3,289	759
- 4 -	47,638	3,970	917
- 5 -	55,815	4,652	1,074
- 6 -	63,992	5,333	1,231
- 7 -	72,169	6,015	1,388
- 8 -	80,346	6,696	1,546
For each additional family member add	8,177	682	158

To Submit the Application Online, Please go to: www.bend.k12.or.us

MEAL PRICES

Breakfast

Elementary Breakfast	\$ 2.00
Secondary	\$ 2.25
Reduced *	\$ 0.00
Adult Staff Univ. Breakfast.....	\$ 0.00
Adult.....	\$ 2.75

Lunch

Elementary	\$ 3.00
Secondary	\$ 3.25
Reduced	\$ 0.00
Adult	\$ 4.25

Beverage

Milk or Juice (if purchased separately) ...	\$.75
Soy Milk (ala carte only)	\$ 1.75
* Students that qualify for free or reduced price meals will receive both lunch and breakfast at no charge.	
* Students at community eligibility provision schools receive meals at no cost.	

ABOUT NUTRITION SERVICES

CHECK OUT OUR WEBSITE! www.bend.k12.or.us/district/parents/school-meals



Menus	Catering	Questions
Staff	Free & Reduced (+ app)	Contact Info
Jobs	Nutrient Contents	Resources

AVAILABILITY

We make every effort to have all menued items available each day. However, due to forecasting, cost controls, and efforts to control waste, some food items may run out by the time your child makes his/her selections. Should your child not find a desired item, he/she should ask the Nutrition Services staff for an alternate choice.

ONLINE MEAL PAYMENTS <https://blpay.bend.k12.or.us/>



You will create an account in BLPay at the above internet address with your email address and a password of your choice, and will require your child(ren)’s student ID number, which is found on their report card or transcript. Your credit card information is not stored on our servers. There is a \$1.50 convenience fee per transaction under \$100.00. You may deposit money in more than one child’s account in a single transaction and pay only one convenience fee. Online transactions are not immediately available but will be deposited in the student’s account by 5:00 p.m. the next school day. Call if you have questions (541-355-1150).



In an effort to reduce fat, all hot dogs and most “ham” products are made from turkey meat. Pork products are marked with a ✕ .

SCHOOL MEAL ACCOUNT EMAIL NOTIFICATION

When you sign up with BLPay, you can receive an email notification whenever your child(ren)’s school meal account goes below the dollar amount you choose. You don’t need to deposit money to use this feature. Click on the Edit Profile button after you set up your account and log in, then choose Yes or No for Low Balance Email (default is Yes) and set the Low Balance Amount (default is \$5.00). Click on the Update Profile button, then log out.

CHARGE POLICY

It is not our intent to allow charges. However, if a child has money in his/her meal account but it is insufficient for the day’s meal, then a charge will be allowed and money will be expected the next day to cover the charge. No charging of ala carte items or second meals will be allowed. Communication regarding low balances and charges will be sent directly to the parent/guardian via email, US mail and/or by phone call as required by state legislation.

RETURNED CHECK POLICY

Bend-La Pine Schools uses Envision Payment Solutions as its check service provider. They process all checks returned for insufficient or uncollected funds. Your NSF (Non-Sufficient Funds) check may be presented electronically for collection. Additionally, they will debit a \$25 returned check fee from your account. Please do not repay returned checks to Nutrition Services.



Instead, all payments will be handled by:

Envision Payment Solutions | PO Box 157 Suwanee GA 30024-0157

Phone: Toll Free 877-290-5460 | Fax: 770-709-3007 | <https://envisionpayments.com>

- USDA and Bend-La Pine Schools are equal opportunity providers and employers
- Menu subject to change • Printed on Recycled Paper