

# October 2025

## Henry L. Slater Elementary Menu

**BREAKFAST - \$0.00** (after morning bell in classroom)

**Lunch – \$0.00** Paid SY25-2026 & 0¢-Reduced      Extra Milk – **45¢**      Juice is **.45¢**

**Lunch includes:** Entrée with Salad bar options, fruit, vegetable, breads grains, Oregon Milk (Nonfat - 1%)

Menu is subject to change. Some items may contain nuts.

*Food allergies, such as fluid milk intolerance, need to be documented by a licensed doctor and a faxed or written copy sent to the kitchen & office when a student is participating in the breakfast or lunch programs.*

| MONDAY                                                                                                                                                                                                         | TUESDAY                                                                                                                                                                                                                            | WEDNESDAY                                                                                                                                                                                                                                     | THURSDAY                                                                                                                                                                                                                               |
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| <p>This institution is an equal opportunity provider</p>                                                                                                                                                       |                                                                                                                                                   | <p>1      <b>Breakfast</b><br/>French Toast<br/>Applesauce, Dried Fruit<br/>Milk<br/><b>Lunch</b><br/>Hamburger<br/>Hot Dogs<br/>Baked Beans<br/>Fruit, Veggie, Milk</p>                                                                      | <p>2      <b>Breakfast</b><br/>Cereal, Sunseeds<br/>Banana &amp; Milk<br/><b>Lunch</b><br/><i>Homemade</i> Spaghetti w/ Meat<br/>Sauce W/Tx Toast &amp; Green<br/>Toasted Cheese Sand<br/>Fruit, Veggie, Milk</p>                      |
| <p>6      <b>Breakfast</b><br/>Lt Yogurt w/ Granola<br/>Carrots &amp; Dried Fruit, Milk<br/><b>Lunch</b><br/>Chicken Nugget<br/>Alfredo w/ Tx Toast<br/>Garlic Green Beans<br/>Fruit, Veggie, Milk</p>         | <p>7      <b>Breakfast</b><br/>Waffle<br/>Apple, Juice, &amp; Milk<br/><b>Lunch</b><br/>Chicken &amp; Cheese Quesadilla<br/>Beef Taco<br/>Seasoned Rice<br/>Fruit, Veggie, Milk</p>                                                | <p>8      <b>Breakfast</b><br/>Biscuit W/ Jelly<br/>Applesauce, Dried Fruit, Milk<br/><b>Lunch</b><br/><i>Homemade</i> Meat Lasagna<br/>W/Tx Toast &amp; Green Beans<br/>Corn Dogs<br/>Fruit, Veggies, Milk</p>                               | <p>9      <b>Breakfast</b><br/>Cereal w/Fruit Cup, Dried<br/>Fruit &amp; Milk<br/><b>Lunch</b><br/><i>Homemade</i> Chicken Noodle<br/>Soup w/ Roll &amp; Cheese Stick<br/>PB &amp; Jelly Sand w/<br/>Sunseeds,,Fruit, Veggie, Milk</p> |
| <p>13      <b>Breakfast</b><br/>Cereal Bar, Sunseeds<br/>Peaches, Dried Fruit, Milk<br/><b>Lunch</b><br/>Pizza Stick w/ Marinara<br/><i>New</i> Philly Chicken on a<br/>Hoagie<br/>Fruit, Veggie, Milk</p>     | <p>14      <b>Breakfast</b><br/>String Cheese, Cracker<br/>Apple &amp; Juice, Milk<br/><b>Lunch</b><br/>BBQ Pork Rib Sand<br/>Taco Salad w/ Corn Chip<br/>Fruit, Veggie, Milk</p>                                                  | <p>15      <b>Breakfast</b><br/>Cinnamon Roll<br/>Applesauce &amp; Dried Fruit, Milk<br/><b>Lunch</b><br/>Baked Chicken w/ WW Roll<br/>Ham Roll-up w/ Cracker<br/>Scalloped Potato<br/>Fruit, veggies, Milk</p>                               | <p>16      <b>NO SCHOOL</b><br/><b>@ Slater Only</b><br/><br/><b>PARENT-TEACHER</b><br/><b>CONFERENCES</b></p>                                                                                                                         |
| <p>20      <b>Breakfast</b><br/>Lt Yogurt w/ Granola<br/>Carrots &amp; Juice, Milk<br/><b>Lunch</b><br/>Marinara Meatball Sub<br/>Turkey Sand<br/>Fruit, veggies, Milk</p>                                     | <p>21      <b>Breakfast</b><br/>Bagel w/ Lt. Cream Cheese<br/>Grapes &amp; Milk<br/><b>Lunch</b><br/><i>New</i> Walking Nacho w/Meat &amp;<br/>Cheese<br/>Bean &amp; Cheese Burrito<br/>Seasoned Rice<br/>Fruit, veggies, Milk</p> | <p>22      <b>Breakfast</b><br/>Apple Frudel<br/>Applesauce &amp; Dried Fruit, Milk<br/><b>Lunch</b><br/>Orange Chicken w/ Veggie Fried<br/>Rice<br/>Sloppy Joe Sand<br/>Fruit, veggies, Milk</p>                                             | <p>23      <b>Breakfast</b><br/>Fruit Smoothie<br/>Dried Fruit, Cracker &amp; Milk<br/><b>Lunch</b><br/><b>Oregon's Crunch at Once</b><br/><b>(Carrots)</b><br/>Corn Dog<br/>Orange Glazed Carrots<br/>Fruit, veggies, Milk</p>        |
| <p>27      <b>Breakfast</b><br/>Cereal Bar, Sunseeds<br/>Peaches, Dried Fruit, Milk<br/><b>Lunch</b><br/><i>Homemade</i> Chili &amp; Cornbread<br/>PB &amp; Jelly Sand w/ Sunseeds<br/>Fruit, Veggie, Milk</p> | <p>28      <b>Breakfast</b><br/>Cereal w/ String Cheese<br/>Apple, Juice, Milk<br/><b>Lunch</b><br/>Chicken Burger<br/>Soft Pretzel w/ Cheese<br/>Fruit, Veggie, Milk</p>                                                          | <p>29      <b>Breakfast</b><br/>BlueBerry Muffin,String Cheese,<br/>Applesauce , Dried Fruit &amp; Milk<br/><b>Lunch</b><br/><i>New</i> <i>Homemade</i> Creamy<br/>Sausage &amp; Potato Soup w/ Roll<br/>Corn Dog<br/>Fruit, Veggie, Milk</p> | <p>30      <b>Breakfast</b><br/>Cereal w/Fruit Cup, Dried<br/>Fruit &amp; Milk<br/><b>Lunch</b><br/>Turkey &amp; Cheese Sand<br/>Pizza<br/>Fruit, veggies, Milk</p>                                                                    |