


October 2024



- *All breakfasts are served with fruit and milk.
- *Assorted cereals available daily.
- *Lunch is served with vegetables, fruit, and milk.
- *Salad Bar is available at lunch to accommodate meals.

Monday	Tuesday	Wednesday	Thursday	Friday
9/30	10/1	10/2	10/3	10/4
Long John Donut (V) <i>Pancakes & Pork Sausage Links</i>	Assorted Waffles (V) Hamburger (GF)(DF)	Pancake Sausage Dog Chicken Strips	Cinnamon Roll (V) Pork Banh Mi Sandwich (GF)	No School
10/7	10/8	10/9	10/10	10/11
French Toast Sticks Chessy Tear Apart W/ Marinara (V)(GF)	Muffin (V) Creamy Mac & Cheese	Buttermilk Bar (V) Orange Chicken & Rice (GF)(DF)	Breakfast Sandwich (GF) (V) Corn Dog	No School
10/14	10/15	10/16	10/17	10/18
Long John Donut (V) Teriyaki Chicken & Rice	Assorted Waffles (V) Bean & Cheese Burrito (V)	Pancake Sausage Dog Country Fried Chicken Bowl	Cinnamon Roll (V) Chicken Sandwich ***Early Release***	No School
10/21	10/22	10/23	10/24	10/25
French Toast Sticks Cheese Pizza (GF)(V)	Muffin (V) Chicken Alfredo	Buttermilk Bar (V) Orange Chicken & Rice (GF)(DF)	Breakfast Sandwich (GF) (V) Shredded BBQ Pork Sandwich (GF)(DF)	No School
10/28	10/29	10/30	10/31	11/1
Long John Donut (V) <i>Pancakes & Pork Sausage Links</i>	Assorted Waffles (V) Hamburger (GF)(DF)	Pancake Sausage Dog Chicken Strips	Cinnamon Roll (V)  Pork Banh Mi Sandwich (GF)	No School
Everyday options	Peanut butter and Jelly Sandwich (GF)(DF)	Meat and Cheese Sandwich (GF)DF	4th-12th grade chef salad W/ breadstick (GF)(DF)	

NON-Student meal prices
 Breakfast—\$2.30 Lunch—\$4.30
 à la carte: Milk—\$0.65

Alsea School District is a CEP school for the 24-25 school year. This means all students are entitled to a free meal during breakfast and lunch. No applications for free and reduced lunches will be required.

For information regarding school meals, meal applications and lunch accounts contact:
info@alsea.k12.or.us
 Menus are subject to change, please refer to school day calendar for days in session

(GF) Doesn't contain gluten ingredients or gluten free option available
 (V) Vegetarian or vegetarian option available
 (DF) Does not contain dairy or dairy free option available