



ORDERS DUE 10/17
ORDERS DUE 11/1 (last 2 weeks)

NOVEMBER 2019

S: Cold Alternate-GF/DF/Veg

You may order from both the regular lunch menu and the alternate lunch menu in the same month.

Cost \$4.20 or \$4.50 Adults

Remember to make a copy for your records

Student: _____

Teacher: _____

Premium Protein Pack

Celery
Sunflower butter
Dried cranberries
Hardboiled egg
Tortilla chips

Perfect Picnic Pack

Potato salad
Baked beans
Hard boiled egg
Tortilla chips

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<input type="checkbox"/> 1 Lunch: (V, GF, DF) GF/DF Perfect Picnic Pack
<input type="checkbox"/> 4 Lunch: (V, GF, DF) GF/DF Premium Protein Pack	<input type="checkbox"/> 5 Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl	<input type="checkbox"/> 6 Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg	7 No School	8 No School
No School	<input type="checkbox"/> 12 Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl	<input type="checkbox"/> 13 Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg	<input type="checkbox"/> 14 Lunch: (V, GF, DF) DF Vegetarian Taco Salad	<input type="checkbox"/> 15 Lunch: (V, GF, DF) GF/DF Perfect Picnic Pack
<input type="checkbox"/> 18 Lunch: (V, GF, DF) GF/DF Premium Protein Pack	<input type="checkbox"/> 19 Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl	<input type="checkbox"/> 20 Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg	<input type="checkbox"/> 21 Lunch: (V, GF, DF) DF Vegetarian Taco Salad	<input type="checkbox"/> 22 Lunch: (V, GF, DF) GF/DF Perfect Picnic Pack
<input type="checkbox"/> 25 Lunch: (V, GF, DF) GF/DF Premium Protein Pack	<input type="checkbox"/> 26 Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl	27 No School	28 No School	29 No School

DF - Dairy Free

GF - Gluten Free

V - Vegetarian

ALL MEALS ARE SERVED WITH FRESH FRUITS AND VEGETABLES
ALL MEALS ARE SERVED WITH MILK

Molalla River Academy is an equal opportunity provider.