



October 2017 Breakfast Menu

Serendipity Center




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Bagel and Cream Cheese Juice Fruit Milk	3 Eggs and Toast Juice Fruit Milk	4 Waffles Juice Fruit Milk	5 Oatmeal Juice Fruit Milk	6 Banana oat muffin Juice Fruit Milk
9 Cereal or granola & yogurt Juice Fruit Milk	10 Egg Potato Frittata and Toast Juice Fruit Milk	11 French Toast Juice Fruit Milk	12 Biscuits and Gravy Juice Fruit Milk	13 NO SCHOOL
16 Bagel and Cream Cheese Juice Fruit Milk	17 Eggs and Toast Juice Fruit Milk	18 Waffles Juice Fruit Milk	19 Oatmeal Juice Fruit Milk	20 Carrot Zucchini Bread Juice Fruit Milk
23 NO SCHOOL	24 Egg Potato Frittata Juice Fruit Milk	25 French Toast Juice Fruit Milk	26 Biscuits and Gravy Juice Fruit Milk	27 Pumpkin Bread Juice Fruit Milk
30 Cereal or Granola and Yogurt Juice Fruit Milk	31 Eggs and Toast Juice Fruit Milk 	 <p>1% or non-fat flavored milk offered daily. Only 100% juice and fresh fruit is offered during breakfast. Serendipity uses fruits, vegetables, and herbs from our garden when possible.</p>		

USDA and the state of Oregon are equal opportunity providers and employers.

October 2017 Lunch Menu

Serendipity Center



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Spaghetti and Meat Sauce Roasted Vegetable Salad Bar Milk	3 Beef or Bean Nachos Roasted Vegetable Salad Bar Milk	4 BBQ Chicken Sub Roasted Vegetable Salad Bar Milk	5 Sausage or Cheese Pizza Roasted Vegetable Salad Bar Milk	6 Peanut Butter and Jelly Sandwich Vegetable Fruit Milk
9 Baked Penne Roasted Vegetable Salad Bar Milk	10 Chicken or Cheese Quesadillas Roasted Vegetable Salad Bar Milk	11 Meatball Sub Roasted Vegetable Salad Bar Milk	12 Teriyaki Chicken Yakisoba Noodles Vegetable Stir Fry Salad Bar Milk	13 NO SCHOOL
16 Macaroni and Cheese Roasted Vegetable Salad Bar Milk	17 Beef or Bean Tacos Roasted Vegetable Salad Bar Milk	18 Hamburger and Bun Roasted Vegetable Salad Bar Milk	19 Sausage or Cheese Pizza Roasted Vegetable Salad Bar Milk	20 Ham Sandwich Vegetable Fruit Milk
23 NO SCHOOL	24 Chicken or Bean Burritos Roasted Vegetable Salad Bar Milk	25 Sloppy Joeys Roasted Vegetable Salad Bar Milk	26 Teriyaki Beef Vegetable Stir Fry Rice Roasted Vegetable Salad Bar, Milk	27 Turkey Sandwich Vegetable Fruit Milk
30 Roasted Chicken Noodles Alfredo Sauce Roasted Vegetable Salad Bar, Milk	31 Chicken or Bean Enchilada Casserole, Roasted Vegetable Salad Bar Milk 	<p>1% or non-fat flavored milk offered daily.</p> <p>Serendipity uses fruits, vegetables, and herbs from our garden when possible. Salad bar is subject to change due to availability and quality. Contents daily: Fruit, Romaine lettuce, Spring mix, Carrots, Cucumbers, Mushrooms, Cauliflower, Broccoli, Radishes, Olives, Tomatoes, Corn, Celery, Cabbage, Cheese, Beans, and Nuts. Ranch and Italian dressings made in house are offered.</p>		



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