

Lake Oswego SD - Heron Creek & Harmony Menu - October 2026

Wk4				10/1	10/2
Breakfast				Whole Grain Banana Bread & Whole Grain Cereal	Belgian Maple Waffle & Whole Grain Cereal
Lunch				Corn Dog with Potato Wedges Yogurt with Soft Pretzel & Chocolate Spread (Amazing Chickpea)	Orange Chicken Rice Bowl PB&J Uncrustable
Wk1	10/5	10/6	10/7	10/8 - National Salmon Day	10/9 - Harmony No School
Breakfast	Chocolate Chip Muffin, Banana Muffin & Whole Grain Cereal	Pillsbury Mini Cinni & Whole Grain Cereal	Whole Grain Pop Tart & Whole Grain Cereal	Mini Waffles & Whole Grain Cereal	Cinnamon Bun & Whole Grain Cereal
Lunch	Brunch for Lunch - French Toast, Sausage & Hashbrowns PB&J Uncrustable	Chicken Burger Sandwich Yogurt with Soft Pretzel & Cheddar Cheese Cup	Chicken Nuggets with Garlic Bread & Dips Turkey & Cheese Sub	Farm to School: Tribal Caught Salmon with Teriyaki Glaze & Rice (Tutuilla True Fish) Yogurt with Soft Pretzel & Chocolate Spread (Amazing Chickpea)	Beef Hot Dog with Potato Wedges PB&J Uncrustable
Wk2	10/12	10/13	10/14	10/15	10/16
Breakfast	Breakfast Oats Bar & Whole Grain Cereal	Pillsbury Mini Bagels & Whole Grain Cereal	Pancake Puffs & Whole Grain Cereal	Whole Grain Banana Bread & Whole Grain Cereal	Belgian Maple Waffle & Whole Grain Cereal
Lunch	Chicken and Waffles PB&J Uncrustable	Cheesy Pull-Apart Breadsticks Yogurt with Soft Pretzel & Cheddar Cheese Cup	Chicken Tenders with Garlic Bread & Dips Turkey & Cheese Sub	LO Homemade Pizza Yogurt with Soft Pretzel & Chocolate Spread (Amazing Chickpea)	Walking Taco with Beef & Cheese & Beans PB&J Uncrustable
Wk3	10/19	10/20	10/21 - HC No School	10/22	10/23 - HC No School
Breakfast	Chocolate Chip Muffin, Banana Muffin & Whole Grain Cereal	Pillsbury Mini Cinni & Whole Grain Cereal	Whole Grain Pop Tart & Whole Grain Cereal	Mini Waffles & Whole Grain Cereal	Cinnamon Bun & Whole Grain Cereal
Lunch	Brunch for Lunch - French Toast, Sausage & Hashbrowns PB&J Uncrustable	Cheeseburger with Potato Wedges Yogurt with Soft Pretzel & Cheddar Cheese Cup	LO Homemade Pizza Turkey & Cheese Sub	The Big Dill Sandwich Yogurt with Soft Pretzel & Chocolate Spread (Amazing Chickpea)	Marinara Pasta with Beef Meatballs PB&J Uncrustable
Wk4	10/26	10/27	10/28	10/29 - HC No School	10/30 - HC No School
Breakfast	Breakfast Oats Bar & Whole Grain Cereal	Pillsbury Mini Bagels & Whole Grain Cereal	Ghost Parfait & Whole Grain Cereal	Whole Grain Banana Bread & Whole Grain Cereal	Belgian Maple Waffle & Whole Grain Cereal
Lunch	BBQ Pulled Pork Sando with Tots PB&J Uncrustable	Grilled Chicken Sandwich Yogurt with Soft Pretzel & Cheddar Cheese Cup Dessert - Dirty Pudding	SPOOKY PIZZA Turkey & Cheese Sub	Corn Dog with Potato Wedges Yogurt with Soft Pretzel & Chocolate Spread (Amazing Chickpea)	Orange Chicken Rice Bowl PB&J Uncrustable

Meal Prices Breakfast - Free Lunch - Free Second Meals - \$3.00 Adult & Staff - \$5.50 Milk - \$0.75, Free with Complete Meal	Salad bar available daily with fresh fruits & vegetables. Organic produce is served weekly. Check SchoolCafe for more details. Chocolate Fat Free Milk and Milk 1% offer daily during lunch. Whole Milk offered during breakfast All items are subject to availability. For more information contact us at nutrition@loswego.k12.or.us Daily Lunch Entree options include - PB&J Uncrustables (M,F), Yogurt w/ Pretzel (T,Th), Turkey, Ham & Cheese Deli Sub (Wed) This institution is an equal opportunity provider
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