



# BREAKFAST CHOICES



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Month of  
September!!!**

**2**

French Toast Sticks  
Breakfast Muffin  
Breakfast Bagel  
Bagel w/Cream Cheese

**3**

Belgian Waffle w/Topping  
Breakfast Muffin  
Breakfast Bagel  
Bagel w/Cream Cheese

**4**

Original Breakfast Pizza  
Breakfast Muffin  
Breakfast Bagel  
Bagel w/Cream Cheese

**5**

Hot Biscuits & Gravy  
Breakfast Muffin  
Breakfast Bagel  
Bagel w/Cream Cheese

**8**

Pancake & Sausage Stick  
Breakfast Muffin  
Breakfast Bagel  
Bagel w/Cream Cheese

**9**

Breakfast Burrito  
Breakfast Muffin  
Breakfast Bagel  
Bagel w/Cream Cheese

**10**

Scrambled Eggs with  
Cheese & Biscuit  
Breakfast Muffin  
Breakfast Bagel  
Bagel w/Cream Cheese

**11**

Fluffy Pancakes  
Breakfast Muffin  
Breakfast Bagel  
Bagel w/Cream Cheese

**12**

Hot Biscuits & Gravy  
Breakfast Muffin  
Breakfast Bagel  
Bagel w/Cream Cheese

**15**

Pancake & Sausage Stick  
Breakfast Muffin  
Breakfast Bagel  
Bagel w/Cream Cheese

**16**

French Toast Sticks  
Breakfast Muffin  
Breakfast Bagel  
Bagel w/Cream Cheese

**17**

Belgian Waffle w/Topping  
Breakfast Muffin  
Breakfast Bagel  
Bagel w/Cream Cheese

**18**

Original Breakfast Pizza  
Breakfast Muffin  
Breakfast Bagel  
Bagel w/Cream Cheese

**19**

Hot Biscuits & Gravy  
Breakfast Muffin  
Breakfast Bagel  
Bagel w/Cream Cheese

**22**

Pancake & Sausage Stick  
Breakfast Muffin  
Breakfast Bagel  
Bagel w/Cream Cheese

**23**

Breakfast Burrito  
Breakfast Muffin  
Breakfast Bagel  
Bagel w/Cream Cheese

**24**

Scrambled Eggs with  
Cheese & Biscuit  
Breakfast Muffin  
Breakfast Bagel  
Bagel w/Cream Cheese

**25**

Fluffy Pancakes  
Breakfast Muffin  
Breakfast Bagel  
Bagel w/Cream Cheese

**26**

Hot Biscuits & Gravy  
Breakfast Muffin  
Breakfast Bagel  
Bagel w/Cream Cheese

**29**

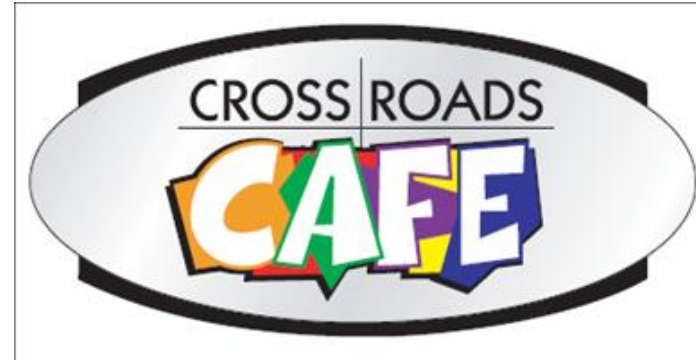
Pancake & Sausage Stick  
Breakfast Muffin  
Breakfast Bagel  
Bagel w/Cream Cheese

**30**

French Toast Sticks  
Breakfast Muffin  
Breakfast Bagel  
Bagel w/Cream Cheese

**Meal Prices**  
Student \$1.50  
Reduced \$0.30  
Adult \$2.00

**September 2008**



**AT SCAPPOOSE HIGH SCHOOL**

## Is the TOMATO a fruit or vegetable?

Scientifically speaking, the tomato is a fruit because a fruit contains seeds, whereas vegetables do not have seeds. But in 1893 the tomato had it's day in court and the Supreme Court decided that officially it should be labeled a vegetable.

The tomato has been enjoyed for centuries. The French referred to them as "love apples". In Germany they were referred to as "apples of paradise". The British thought they were poisonous... which was later proven to be untrue. In fact, tomatoes play a special role in keeping us healthy because they contain lycopene, one of nature's most powerful antioxidants. An antioxidant is a good substance in our food that works to keep our healthy cells healthy and helps prevent damage to our body. Lycopene is also what makes the tomato look red.

You can enjoy the health benefits of tomatoes in raw form, but some of the best sources of lycopene are found in cooked tomato products like tomato paste, ketchup and tomato sauce. Go to <http://www.besmart-eatsmart-livesmart.com> for delicious kid-friendly tomato-based recipes.

**BE SMART, EAT SMART, LIVE SMART**



Welcome to Cross Roads Café located in your High Schools' Cafeteria. Each platform is available daily and offers a wide variety of choices for customers to choose from. Find your favorite and stick with it!

This menu is for September 2-5, 15-19, 29 & 30.

Monday Tuesday Wednesday Thursday Friday



Create it they way you like it!  
Try our all new specialty bars.



9/2 No School  
9/15 Sweet & Sour Chicken  
9/29 Asian Noodle Bowl



9/16 Chicken Fajitas  
9/30 Beef Nacho Supreme



Pasta Pronto  
9/17 Macaroni & Cheese w/Ham



9/18 Beef Hard Taco



9/5 BBQ Beef Sandwich  
9/19 Chicken Strips w/Fries



In a hurry? Try one of our pre-made salads.

Wheat Kaiser bread, Hoggies and whole wheat tortillas available.

Salads

- ◆ Chicken Caesar
- ◆ Cobb Salad

- ◆ Made to Order Subs and Wraps

Salads

- ◆ Chicken Caesar
- ◆ Romaine Garden

- ◆ Made to Order Subs and Wraps

Salads

- ◆ Chicken Caesar
- ◆ Classic Chef

- ◆ Made to Order Subs and Wraps

Salads

- ◆ Chicken Caesar
- ◆ Mandarin Chicken

- ◆ Made to Order Subs and Wraps

Salads

- ◆ Chicken Caesar
- ◆ Spinach Salad

- ◆ Made to Order Subs and Wraps



- ◆ Hamburger
- ◆ Cheeseburger
- ◆ Chicken Burger
- ◆ Corn Dog

- ◆ Hamburger
- ◆ Cheeseburger
- ◆ Chicken Burger
- ◆ Grilled Ham & Cheese

- ◆ Hamburger
- ◆ Cheeseburger
- ◆ Chicken Burger
- ◆ Patty Melt

- ◆ Hamburger
- ◆ Cheeseburger
- ◆ Chicken Burger
- ◆ Grilled Turkey & Cheese

- ◆ Hamburger
- ◆ Cheeseburger
- ◆ Chicken Burger
- ◆ Chicken Cordon Bleu



We bake our pizzas fresh daily!

- ◆ Supreme
- ◆ Vegetable
- ◆ Cheese
- ◆ Pepperoni

- ◆ Meat Lover's
- ◆ Vegetable
- ◆ Cheese
- ◆ Pepperoni

- ◆ Hawaiian
- ◆ Vegetable
- ◆ Cheese
- ◆ Pepperoni

- ◆ Supreme
- ◆ Vegetable
- ◆ Cheese
- ◆ Pepperoni

- ◆ Meat Lover's
- ◆ Vegetable
- ◆ Cheese
- ◆ Pepperoni



Menu is subject to change.

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

# LUNCH CHOICES

Meal Prices  
**Student \$2.50**  
**Reduced \$0.40**  
**Adult \$3.25**

*A meal includes one platform entrée, one or more sides and milk. More sides features a wide variety of fruits and veggies to make each meal full of rich energy forming nutrients.*

This menu is for September 8-12 & 22-26th.

Monday Tuesday Wednesday Thursday Friday



Create it they way you like it!  
Try our all new specialty bars.



9/8 Chicken Stir Fry  
9/22 Teriyaki Beef Stir Fry



9/9 Chicken Fajita  
9/23 Chicken Soft Taco



Baked Potato Bar  
9/10 Broccoli w/ Cheese & Ham  
9/24 Southern Chicken Bowl



9/11 Taco Salad  
9/25 Beef Enchilada



9/12 Turkey Gravy  
9/26 Salisbury Steak



In a hurry? Try one of our pre-made salads.

Wheat Kaiser bread, Hoggies and whole wheat tortillas available.

Salads

- ◆ Chicken Caesar
- ◆ Cobb Salad

- ◆ Made to Order Subs and Wraps

Salads

- ◆ Chicken Caesar
- ◆ Romaine Garden

- ◆ Made to Order Subs and Wraps

Salads

- ◆ Chicken Caesar
- ◆ Classic Chef

- ◆ Made to Order Subs and Wraps

Salads

- ◆ Chicken Caesar
- ◆ Mandarin Chicken

- ◆ Made to Order Subs and Wraps

Salads

- ◆ Chicken Caesar
- ◆ Spinach Salad

- ◆ Made to Order Subs and Wraps



- ◆ Hamburger
- ◆ Cheeseburger
- ◆ Chicken Burger
- ◆ Corn Dog

- ◆ Hamburger
- ◆ Cheeseburger
- ◆ Chicken Burger
- ◆ Grilled Ham & Cheese

- ◆ Hamburger
- ◆ Cheeseburger
- ◆ Chicken Burger
- ◆ Patty Melt

- ◆ Hamburger
- ◆ Cheeseburger
- ◆ Chicken Burger
- ◆ Grilled Turkey & Cheese

- ◆ Hamburger
- ◆ Cheeseburger
- ◆ Chicken Burger
- ◆ Chicken Cordon Bleu



We bake our pizzas fresh daily!

- ◆ Supreme
- ◆ Vegetable
- ◆ Cheese
- ◆ Pepperoni

- ◆ Meat Lover's
- ◆ Vegetable
- ◆ Cheese
- ◆ Pepperoni

- ◆ Hawaiian
- ◆ Vegetable
- ◆ Cheese
- ◆ Pepperoni

- ◆ Supreme
- ◆ Vegetable
- ◆ Cheese
- ◆ Pepperoni

- ◆ Meat Lover's
- ◆ Vegetable
- ◆ Cheese
- ◆ Pepperoni