



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		5 BREAKFAST Maple Waffles LUNCH: Cheese Pizza Pepperoni Pizza Sausage Pizza Turkey & Cheddar Sandwich <i>on whole grain bread</i> Crispy Chicken Salad <i>with a whole grain roll</i>	6 BREAKFAST: Egg and Cheese on an English Muffin LUNCH: Chicken Nuggets Grilled Cheese Turkey Ham & Cheese Sandwich <i>on whole grain bread</i> Chef Salad <i>with a whole grain roll</i>	7 BREAKFAST: Whole Grain Applesauce Muffins LUNCH: Hamburger, Cheeseburger or Veggie burger <i>w/ Roasted Red Potatoes</i> Turkey & Cheddar Sandwich <i>on whole grain bread</i> Chef Salad <i>with a whole grain roll</i> ~Cookie Day~
10 BREAKFAST: Cheese Omelet with a Hashbrown Patty & Toast LUNCH: Crispy Chicken Sandwich Turkey Hot Dog on a WG Bun Sunbutter with Flatbread Garden Salad with WG Rolls	11 BREAKFAST: Mini Strawberry Pancakes LUNCH: Baked Potato Beef or Bean Nachos Turkey Ham & Cheese Sandwich <i>on whole grain bread</i> Taco Salad	12 BREAKFAST: Maple Waffle LUNCH: Cheese Pizza Pepperoni Pizza Lochmead Yogurt Parfait <i>Served with peaches or boysenberries & granola</i> Turkey and Cheddar Sandwich <i>on whole grain bread</i>	13 BREAKFAST: Yogurt Parfait with Granola LUNCH: Meatball Sub w/ Marinara Bean & Cheese Enchiladas Turkey Ham & Cheese Sandwich <i>on whole grain bread</i> Crispy Chicken Salad <i>with a whole grain roll</i>	14 BREAKFAST: Whole Grain Cinnamon Rolls LUNCH: Hamburger, Cheeseburger or Veggie burger <i>w/ Roasted Red Potatoes</i> Casablanca Hummus <i>served with a whole grain bagel</i> Chef Salad <i>with a whole grain roll</i> ~Cookie Day~
17 BREAKFAST: Cheese Omelet with a Hashbrown Patty & Toast LUNCH: Crispy Chicken Sandwich BBQ Pork Sandwich Grilled Cheese Sandwich <i>on whole grain bread</i> Garden Salad with WG Rolls	18 BREAKFAST: Mini Strawberry Pancakes LUNCH: Beef or Bean Nachos Macaroni & Cheese Turkey Ham & Cheese Sandwich <i>on whole grain bread</i> Taco Salad	19 BREAKFAST: Maple Waffles LUNCH: Cheese Pizza Pepperoni Pizza Sausage Pizza Turkey & Cheddar Sandwich <i>on whole grain bread</i> Crispy Chicken Salad <i>with a whole grain roll</i>	20 BREAKFAST: Egg & Cheese Muffin LUNCH: Chicken Nuggets Bean & Cheese Burrito Turkey Ham & Cheese Sandwich <i>on whole grain bread</i> Chef Salad <i>with a whole grain roll</i>	21 BREAKFAST: Whole Grain Applesauce Muffins LUNCH: Hamburger, Cheeseburger or Veggie burger <i>w/ Roasted Red Potatoes</i> Turkey & Cheddar Sandwich <i>on whole grain bread</i> Chef Salad <i>with a whole grain roll</i> ~Cookie Day~
24 BREAKFAST: Cheese Omelet with a Hashbrown Patty & Toast LUNCH: Crispy Chicken Sandwich Turkey Hot Dog on a WG Bun Sunbutter with Flatbread Garden Salad with WG Rolls	25 BREAKFAST: Mini Strawberry Pancakes LUNCH: Baked Potato Beef or Bean Nachos Turkey Ham & Cheese Sandwich <i>on whole grain bread</i> Taco Salad	26 BREAKFAST: Maple Waffle LUNCH: Cheese Pizza Pepperoni Pizza Lochmead Yogurt Parfait <i>Served with peaches or boysenberries & granola</i> Turkey and Cheddar Sandwich <i>on whole grain bread</i>	27 BREAKFAST: Yogurt Parfait with Granola LUNCH: Meatball Sub w/ Marinara Bean & Cheese Enchiladas Turkey Ham & Cheese Sandwich <i>on whole grain bread</i> Crispy Chicken Salad <i>with a whole grain roll</i>	28 BREAKFAST: Whole Grain Cinnamon Rolls LUNCH: Hamburger, Cheeseburger or Veggie burger <i>w/ Roasted Red Potatoes</i> Casablanca Hummus <i>served with a whole grain bagel</i> Chef Salad <i>with a whole grain roll</i> ~Cookie Day~
Daily Breakfast Offerings Whole Grain Bagel & Cream Cheese Oatmeal Breakfast Round Oatmeal Assorted Cereal Hard Boiled Egg				MENU IS SUBJECT TO CHANGE

Local Products on this Menu:

- Homemade muffins and biscuits made with Camas Country Mill flour
- Hummus from Casablanca
- Lochmead Milk and Yogurt
- Local Bagels from Bagel Sphere
- Granola from Bob's Red Mill

Visit us at: www.4jlanednutrition.com

www.facebook.com/4jnutritionservices

Online Menu with Nutrient & Allergy

Information:

www.4jnutrition.com

Served Daily

Vegetarian Entrée

Fruits and Vegetable
Offering Bar

Lochmead 1% or Fat Free Milk
Non-Fat Chocolate Milk is served on
Mondays and Fridays
subject to change due to no school days

Symbols



Pork



Vegetarian



Oregon Grown / Made

ELEMENTARY MENU PRICES

	Breakfast	Lunch
Free:	\$0.00	\$0.00
Reduced:	\$0.00	\$0.00
Paid:	\$0.00	\$2.90
Adult:	\$3.50	\$4.00
Milk:	\$.50	\$.50

Eugene School
District 4J is an equal
opportunity provider

