



Elementary June



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Daily Breakfast Offerings</p> <p>Whole Grain Bagel & Cream Cheese Oatmeal Breakfast Round Oatmeal Assorted Cereal Hard Boiled Egg 100% Juice Fresh & Canned Fruit Non Fat and 1% white milk</p>	<p><i>Menu is subject to change. If you need to know what food will be served at your particular school site, please contact the food coordinator at that site.</i></p>	<p>Summer feeding program information will be listed below</p>		<p>1 BREAKFAST: Yogurt & Graham Crackers LUNCH: Hamburger, Cheeseburger or Veggie burger <i>w/ Roasted Red Potatoes</i> Turkey Ham and Cheddar Sandwich <i>on whole grain bread</i> Chef Salad <i>with a whole grain roll</i> ~Cookie Day~</p>
<p>4 BREAKFAST: Maple Waffles LUNCH: Crispy Chicken Sandwich Turkey Hot Dog on a WG Bun Sunbutter with Flatbread Garden Salad with WG Rolls</p>	<p>5 BREAKFAST: Assorted Cereal & String Cheese LUNCH: Rotini with Marinara Sauce Beef or Bean Nachos Turkey Ham and Cheddar Sandwich <i>on whole grain bread</i> Taco Salad</p>	<p>6 BREAKFAST: Strawberry Pancakes 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></p>	<p>7 BREAKFAST: WG Bagel LUNCH: Meatball Sub w/ Marinara Bean & Cheese Enchiladas Turkey Ham and Cheddar Sandwich <i>on whole grain bread</i> Crispy Chicken Salad <i>with a whole grain roll</i></p>	<p>8 BREAKFAST: No School</p>
<p>11 BREAKFAST: Maple Waffles LUNCH: Crispy Chicken Sandwich BBQ Pork Sandwich Grilled Cheese Sandwich <i>on whole grain bread</i> Garden Salad with WG Rolls</p>	<p>12 BREAKFAST: Assorted Cereal & String Cheese LUNCH: Beef or Bean Nachos Rotini with Marinara Sauce Turkey Ham and Cheddar Sandwich <i>on whole grain bread</i> Taco Salad</p>	<p>13 BREAKFAST: Strawberry Pancakes LUNCH: Cheese Pizza Pepperoni Pizza Sausage Pizza Turkey and Cheddar Sandwich <i>on whole grain bread</i> Crispy Chicken Salad <i>with a whole grain roll</i></p>	<p>14 BREAKFAST: WG Bagel LUNCH: Chicken Nuggets Bean & Cheese Burrito Turkey Ham and Cheddar Sandwich <i>on whole grain bread</i> Chef Salad <i>with a whole grain roll</i></p>	<p>15 BREAKFAST: Yogurt & Graham Crackers LUNCH: Hamburger, Cheeseburger or Veggie burger <i>w/ Roasted Red Potatoes</i> Turkey Ham and Cheddar Sandwich <i>on whole grain bread</i> Chef Salad <i>with a whole grain roll</i> OR Sack Lunch</p>
				<p>Visit us at: www.4j.lane.edu/nutrition www.facebook.com/4jnutritionservices Online Menu with Nutrient & Allergy Information: www.4j.nutrislice.com</p>
<p>Summer Feeding Site: Cesar Chavez Elementary School June 23-August 16 Monday-Thursday Breakfast 8:00-9:15 Lunch 11:30-12:15</p>	<p>Summer Feeding Site: Bertha Holt Elementary School July 5- August 2 Monday-Thursday Breakfast 8:00-9:00 Lunch 11:30-12:30</p>	<p>Summer Feeding Site: Howard Middle School July 9-August 17 Monday-Friday Breakfast 8:15-9:00 Lunch 11:30-12:30</p>	<p>Summer Feeding Site: Churchill High School July 9-August 9 Monday-Thursday Breakfast 8:30-9:15 Lunch 12:30-1:15</p>	<p>Summer Feeding Site: Sheldon High School July 9-August 9 Monday-Thursday Breakfast 8:30-9:15 Lunch 12:30-1:15</p>

Local Products on this Menu:
Harvest of the Month:
Strawberries from Yamhill, Oregon

- 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

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	\$0.00
Adult:	\$3.50	\$4.00
Milk:	\$.50	\$.50

Eugene School District 4J is an equal opportunity provider

