



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Breakfast Offerings 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	1 BREAKFAST: Assorted Cereal & String Cheese LUNCH: Chicken Nuggets Bean & Cheese Enchiladas Turkey Ham and Cheddar Sandwich <i>on whole grain bread</i>	2 BREAKFAST: Strawberry Pancakes LUNCH: Cheese Pizza Pepperoni Pizza Sausage Pizza Turkey and Cheddar Sandwich <i>on whole grain bread</i>	3 BREAKFAST: WG Bagel LUNCH: Grilled Cheese Fish Sticks Turkey Ham and Cheddar Sandwich <i>on whole grain bread</i> Chef Salad <i>with a whole grain roll</i>	4 <p style="text-align: center;"><i>No School</i></p> <p style="text-align: center;"><i>Professional Development Day</i></p>
7 BREAKFAST: Maple Waffles LUNCH: Crispy Chicken Sandwich Turkey Hot Dog on a WG Bun Sunbutter with Flatbread Garden Salad with WG Rolls	8 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	9 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>	10 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>	11 BREAKFAST: Yogurt & Graham Crackers 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~
14 BREAKFAST: Maple Waffles LUNCH: Crispy Chicken Sandwich BBQ Pork Sandwich Grilled Cheese Sandwich <i>on whole grain bread</i> Garden Salad with WG Rolls	15 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	16 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>	17 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>	18 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~
21 BREAKFAST: Maple Waffles LUNCH: Crispy Chicken Sandwich Turkey Hot Dog on a WG Bun Sunbutter with Flatbread Garden Salad with WG Rolls	22 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	23 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>	24 BREAKFAST: WG Bagel LUNCH: Meatball Sub with 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>	25 BREAKFAST: Yogurt & Graham Crackers LUNCH: Hamburger, Cheeseburger or Veggie burger <i>w/ Roasted Red Potatoes</i> Fish Sticks Chef Salad <i>with a whole grain roll</i> ~Cookie Day~
28 <p style="text-align: center;"><i>No School</i></p> <p style="text-align: center;"><i>Memorial Day</i></p>	29 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	30 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>	31 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>	Visit us at: www.4j.lane.edu/nutrition www.facebook.com/4jnutritionservices Online Menu with Nutrient & Allergy Information: www.4j.nutrislice.com



Local Products on this Menu:

Harvest of the Month:

Mushrooms 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

MENU IS SUBJECT TO CHANGE

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

