



# Elementary June



| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|--|--|--|---|
| <p><b>Daily Breakfast Offerings</b></p> <p>Whole Grain Bagel &amp; Cream Cheese<br/>Oatmeal Breakfast<br/>Round Oatmeal<br/>Assorted Cereal<br/>Hard Boiled Egg</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 is listed below</p>  |  | <p><b>BREAKFAST:</b><br/>Whole Grain Applesauce Muffins</p> <p><b>LUNCH:</b><br/>Hamburger, Cheeseburger or Veggie burger<br/>w/ Roasted Red Potatoes</p> <p>Turkey &amp; Cheddar Sandwich<br/>on whole grain bread</p> <p>Chef Salad<br/>with a whole grain roll</p> <p>~Cookie Day~</p>                                 |
| <p><b>4</b></p> <p><b>BREAKFAST:</b><br/>Cheese Omelet<br/>with a Hashbrown Patty &amp; Toast</p> <p><b>LUNCH:</b><br/>Crispy Chicken Sandwich</p> <p>Turkey Hot Dog on a WG Bun</p> <p>Sunbutter with Flatbread</p> <p>Garden Salad with WG Rolls</p>           | <p><b>5</b></p> <p><b>BREAKFAST:</b><br/>Mini Strawberry Pancakes</p> <p><b>LUNCH:</b><br/>Baked Potato<br/>Beef or Bean Nachos</p> <p>Turkey Ham &amp; Cheese Sandwich<br/>on whole grain bread</p> <p>Taco Salad</p>           | <p><b>6</b></p> <p><b>BREAKFAST:</b><br/>Maple Waffle</p> <p><b>LUNCH:</b><br/>Cheese Pizza<br/>Pepperoni Pizza</p> <p>Lochmead Yogurt Parfait<br/><i>Served with peaches or boysenberries &amp; granola</i></p> <p>Turkey and Cheddar Sandwich<br/>on whole grain bread</p> | <p><b>7</b></p> <p><b>BREAKFAST:</b><br/>Yogurt Parfait with Granola</p> <p><b>LUNCH:</b><br/>Meatball Sub w/ Marinara<br/>Bean &amp; Cheese Enchiladas</p> <p>Turkey Ham &amp; Cheese Sandwich<br/>on whole grain bread</p> <p>Crispy Chicken Salad<br/>with a whole grain roll</p> | <p><b>8</b></p> <p><b>No School</b></p>   |
| <p><b>11</b></p> <p><b>BREAKFAST:</b><br/>Cheese Omelet<br/>with a Hashbrown Patty &amp; Toast</p> <p><b>LUNCH:</b><br/>Crispy Chicken Sandwich<br/>BBQ Pork Sandwich<br/>Grilled Cheese Sandwich<br/>on whole grain bread</p> <p>Garden Salad with WG Rolls</p> | <p><b>12</b></p> <p><b>BREAKFAST:</b><br/>Mini Strawberry Pancakes</p> <p><b>LUNCH:</b><br/>Beef or Bean Nachos<br/>Macaroni &amp; Cheese</p> <p>Turkey Ham &amp; Cheese Sandwich<br/>on whole grain bread</p> <p>Taco Salad</p> | <p><b>13</b></p> <p><b>BREAKFAST:</b><br/>Maple Waffles</p> <p><b>LUNCH:</b><br/>Cheese Pizza<br/>Pepperoni Pizza<br/>Sausage Pizza</p> <p>Turkey &amp; Cheddar Sandwich<br/>on whole grain bread</p> <p>Crispy Chicken Salad<br/>with a whole grain roll</p>                | <p><b>14</b></p> <p><b>BREAKFAST:</b><br/>Egg &amp; Cheese Muffin</p> <p><b>LUNCH:</b><br/>Chicken Nuggets<br/>Bean &amp; Cheese Burrito</p> <p>Turkey Ham &amp; Cheese Sandwich<br/>on whole grain bread</p> <p>Chef Salad<br/>with a whole grain roll</p>                          | <p><b>15</b></p> <p><b>BREAKFAST:</b><br/>Whole Grain Applesauce Muffins</p> <p><b>LUNCH:</b><br/>Hamburger, Cheeseburger or Veggie burger<br/>w/ Roasted Red Potatoes</p> <p>Turkey &amp; Cheddar Sandwich<br/>on whole grain bread</p> <p>Chef Salad<br/>with a whole grain roll</p> <p>OR</p> <p><b>Sack Lunch</b></p> |
|  |  |  |  |   |
| <p><b>Summer Feeding Site:</b><br/>Cesar Chavez Elementary School<br/>July 23-August 16<br/>Monday-Thursday<br/>Breakfast 8:00-9:15<br/>Lunch 11:30-12:15</p>  | <p><b>Summer Feeding Site:</b><br/>Bertha Holt Elementary School<br/>July 5- August 2<br/>Monday-Thursday<br/>Breakfast 8:00-9:00<br/>Lunch 11:30-12:30</p>  | <p><b>Summer Feeding Site:</b><br/>Howard Middle School<br/>July 9-August 17<br/>Monday-Friday<br/>Breakfast 8:15-9:00<br/>Lunch 11:30-12:30</p>   | <p><b>Summer Feeding Site:</b><br/>Churchill High School<br/>July 9-August 9<br/>Monday-Thursday<br/>Breakfast 8:30-9:15<br/>Lunch 12:30-1:15</p>  | <p><b>Summer Feeding Site:</b><br/>Sheldon High School<br/>July 9-August 9<br/>Monday-Thursday<br/>Breakfast 8:30-9:15<br/>Lunch 12:30-1:15</p>   |

**Local Products on this Menu:**  
Harvest of the Month:  
**Strawberries from Hilltop Farms, Troutdale, 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

Visit us at: [www.4jlane.edu/nutrition](http://www.4jlane.edu/nutrition)  
[www.facebook.com/4jnutritionservices](https://www.facebook.com/4jnutritionservices)  
Online Menu with Nutrient & Allergy Information:  
[www.4jnutritionservice.com](http://www.4jnutritionservice.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    | \$0.00 |
| Adult:   | \$0.00    | \$0.00 |
| Milk:    | \$0.00    | \$0.00 |

Eugene School District 4J is an equal opportunity provider

