



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</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>BREAKFAST: Whole Grain Applesauce Muffins</p> <p>LUNCH: Hamburger, Cheeseburger or Veggie burger w/ Roasted Red Potatoes</p> <p>Turkey & Cheddar Sandwich on whole grain bread</p> <p>Chef Salad with a whole grain roll</p> <p>~Cookie Day~</p>
<p>4</p> <p>BREAKFAST: Cheese Omelet with a Hashbrown Patty & Toast</p> <p>LUNCH: 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>5</p> <p>BREAKFAST: Mini Strawberry Pancakes</p> <p>LUNCH: Baked Potato Beef or Bean Nachos</p> <p>Turkey Ham & Cheese Sandwich on whole grain bread</p> <p>Taco Salad</p>	<p>6</p> <p>BREAKFAST: Maple Waffle</p> <p>LUNCH: Cheese Pizza Pepperoni Pizza</p> <p>Lochmead Yogurt Parfait <i>Served with peaches or boysenberries & granola</i></p> <p>Turkey and Cheddar Sandwich on whole grain bread</p>	<p>7</p> <p>BREAKFAST: Yogurt Parfait with Granola</p> <p>LUNCH: Meatball Sub w/ Marinara Bean & Cheese Enchiladas</p> <p>Turkey Ham & Cheese Sandwich on whole grain bread</p> <p>Crispy Chicken Salad with a whole grain roll</p>	<p>8</p> <p>No School</p>
<p>11</p> <p>BREAKFAST: Cheese Omelet with a Hashbrown Patty & Toast</p> <p>LUNCH: Crispy Chicken Sandwich BBQ Pork Sandwich Grilled Cheese Sandwich on whole grain bread</p> <p>Garden Salad with WG Rolls</p>	<p>12</p> <p>BREAKFAST: Mini Strawberry Pancakes</p> <p>LUNCH: Beef or Bean Nachos Macaroni & Cheese</p> <p>Turkey Ham & Cheese Sandwich on whole grain bread</p> <p>Taco Salad</p>	<p>13</p> <p>BREAKFAST: Maple Waffles</p> <p>LUNCH: Cheese Pizza Pepperoni Pizza Sausage Pizza</p> <p>Turkey & Cheddar Sandwich on whole grain bread</p> <p>Crispy Chicken Salad with a whole grain roll</p>	<p>14</p> <p>BREAKFAST: Egg & Cheese Muffin</p> <p>LUNCH: Chicken Nuggets Bean & Cheese Burrito</p> <p>Turkey Ham & Cheese Sandwich on whole grain bread</p> <p>Chef Salad with a whole grain roll</p>	<p>15</p> <p>BREAKFAST: Whole Grain Applesauce Muffins</p> <p>LUNCH: Hamburger, Cheeseburger or Veggie burger w/ Roasted Red Potatoes</p> <p>Turkey & Cheddar Sandwich on whole grain bread</p> <p>Chef Salad with a whole grain roll</p> <p>OR</p> <p>Sack Lunch</p>
<p>Summer Feeding Site: Cesar Chavez Elementary School July 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 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
www.facebook.com/4jnutritionservices
Online Menu with Nutrient & Allergy Information:
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	\$2.90
Adult:	\$3.50	\$4.00
Milk:	\$.50	\$.50

Eugene School District 4J is an equal opportunity provider

