



Elementary May



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>1 BREAKFAST: Mini Strawberry Pancakes</p> <p>LUNCH:</p> <p>Beef or Bean Nachos</p> <p>Macaroni & Cheese</p> <p>Turkey Ham & Cheese Sandwich <i>on whole grain bread</i></p> <p>Taco Salad</p>	<p>2 BREAKFAST: Maple Waffles</p> <p>LUNCH:</p> <p>Cheese Pizza Pepperoni Pizza Sausage Pizza</p> <p>Turkey & Cheddar Sandwich <i>on whole grain bread</i></p> <p>Crispy Chicken Salad <i>with a whole grain roll</i></p>	<p>3 BREAKFAST: Egg and Cheese on an English Muffin</p> <p>LUNCH:</p> <p>Chicken Nuggets</p> <p>Grilled Cheese</p> <p>Turkey Ham & Cheese Sandwich <i>on whole grain bread</i></p> <p>Chef Salad <i>with a whole grain roll</i></p>	<p>4</p> <p><i>No School</i></p> <p><i>Professional Development</i></p>
<p>7 BREAKFAST: Cheese Omelet with a Hashbrown Patty & Toast</p> <p>LUNCH:</p> <p>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>8 BREAKFAST: Mini Strawberry Pancakes</p> <p>LUNCH:</p> <p>Baked Potato</p> <p>Beef or Bean Nachos</p> <p>Turkey Ham & Cheese Sandwich <i>on whole grain bread</i></p> <p>Taco Salad</p>	<p>9 BREAKFAST: Maple Waffle</p> <p>LUNCH:</p> <p>Cheese Pizza Pepperoni Pizza</p> <p>Lochmead Yogurt Parfait <i>Served with peaches or boysenberries & granola</i></p> <p>Turkey and Cheddar Sandwich <i>on whole grain bread</i></p>	<p>10 BREAKFAST: Yogurt Parfait with Granola</p> <p>LUNCH:</p> <p>Meatball Sub w/ Marinara</p> <p>Bean & Cheese Enchiladas</p> <p>Turkey Ham & Cheese Sandwich <i>on whole grain bread</i></p> <p>Crispy Chicken Salad <i>with a whole grain roll</i></p>	<p>11 BREAKFAST: Whole Grain Cinnamon Rolls</p> <p>LUNCH:</p> <p>Hamburger, Cheeseburger or Veggie burger <i>w/ Roasted Red Potatoes</i></p> <p>Casablanca Hummus <i>served with a whole grain bagel</i></p> <p>Chef Salad <i>with a whole grain roll</i></p> <p>~Cookie Day~</p>
<p>14 BREAKFAST: Cheese Omelet with a Hashbrown Patty & Toast</p> <p>LUNCH:</p> <p>Crispy Chicken Sandwich</p> <p>BBQ Pork Sandwich</p> <p>Grilled Cheese Sandwich <i>on whole grain bread</i></p> <p>Garden Salad with WG Rolls</p>	<p>15 BREAKFAST: Mini Strawberry Pancakes</p> <p>LUNCH:</p> <p>Beef or Bean Nachos</p> <p>Macaroni & Cheese</p> <p>Turkey Ham & Cheese Sandwich <i>on whole grain bread</i></p> <p>Taco Salad</p>	<p>16 BREAKFAST: Maple Waffles</p> <p>LUNCH:</p> <p>Cheese Pizza Pepperoni Pizza Sausage Pizza</p> <p>Turkey & Cheddar Sandwich <i>on whole grain bread</i></p> <p>Crispy Chicken Salad <i>with a whole grain roll</i></p>	<p>17 BREAKFAST: Egg & Cheese Muffin</p> <p>LUNCH:</p> <p>Chicken Nuggets</p> <p>Bean & Cheese Burrito</p> <p>Turkey Ham & Cheese Sandwich <i>on whole grain bread</i></p> <p>Chef Salad <i>with a whole grain roll</i></p>	<p>18 BREAKFAST: Whole Grain Applesauce Muffins</p> <p>LUNCH:</p> <p>Hamburger, Cheeseburger or Veggie burger <i>w/ Roasted Red Potatoes</i></p> <p>Turkey & Cheddar Sandwich <i>on whole grain bread</i></p> <p>Chef Salad <i>with a whole grain roll</i></p> <p>~Cookie Day~</p>
<p>21 BREAKFAST: Cheese Omelet with a Hashbrown Patty & Toast</p> <p>LUNCH:</p> <p>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>22 BREAKFAST: Mini Strawberry Pancakes</p> <p>LUNCH:</p> <p>Baked Potato</p> <p>Beef or Bean Nachos</p> <p>Turkey Ham & Cheese Sandwich <i>on whole grain bread</i></p> <p>Taco Salad</p>	<p>23 BREAKFAST: Maple Waffle</p> <p>LUNCH:</p> <p>Cheese Pizza Pepperoni Pizza</p> <p>Lochmead Yogurt Parfait <i>Served with peaches or boysenberries & granola</i></p> <p>Turkey and Cheddar Sandwich <i>on whole grain bread</i></p>	<p>24 BREAKFAST: Yogurt Parfait with Granola</p> <p>LUNCH:</p> <p>Meatball Sub w/ Marinara</p> <p>Bean & Cheese Enchiladas</p> <p>Turkey Ham & Cheese Sandwich <i>on whole grain bread</i></p> <p>Crispy Chicken Salad <i>with a whole grain roll</i></p>	<p>25 BREAKFAST: Whole Grain Cinnamon Rolls</p> <p>LUNCH:</p> <p>Hamburger, Cheeseburger or Veggie burger <i>w/ Roasted Red Potatoes</i></p> <p>Casablanca Hummus <i>served with a whole grain bagel</i></p> <p>Chef Salad <i>with a whole grain roll</i></p> <p>~Cookie Day~</p>
<p>28</p> <p><i>No School</i></p> <p><i>Memorial Day</i></p>	<p>29 BREAKFAST: Mini Strawberry Pancakes</p> <p>LUNCH:</p> <p>Beef or Bean Nachos</p> <p>Macaroni & Cheese</p> <p>Turkey Ham & Cheese Sandwich <i>on whole grain bread</i></p> <p>Taco Salad</p>	<p>30 BREAKFAST: Maple Waffles</p> <p>LUNCH:</p> <p>Cheese Pizza Pepperoni Pizza Sausage Pizza</p> <p>Turkey and Cheddar Sandwich <i>on whole grain bread</i></p> <p>Crispy Chicken Salad <i>with a whole grain roll</i></p>	<p>31 BREAKFAST: Egg & Cheese Muffin</p> <p>LUNCH:</p> <p>Chicken Nuggets</p> <p>Bean & Cheese Burrito</p> <p>Turkey Ham & Cheese Sandwich <i>on whole grain bread</i></p> <p>Chef Salad</p>	<p><i>MENU IS SUBJECT TO CHANGE</i></p>



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

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	\$0.00
Adult:	\$0.00	\$0.00
Milk:	\$0.00	\$0.00

Eugene School District 4J is an equal opportunity provider

