

# 4J Elementary School Clubhouse Menu

## DAILY LUNCH SPECIALS



Monday	Tuesday	Wednesday	Thursday	Friday
All Meals Include Fruit, Vegetables & Milk			1	2
			Chicken Bites w/ Roll Grilled Cheese Turkey-ham Sandwich Chef Salad	Hamburger Cheeseburger Turkey Sandwich Chicken Caesar Salad
5	6	7	8	9
Hot Dog Chicken Burger Sunbutter & Jelly Sandwich Garden Salad	Topped Baked Potato Cheesy Ravioli w/ WG Breadstick Turkey-Ham Sandwich Taco Salad	Cheese Pizza Pepperoni Pizza Turkey Sandwich Lochmead Yogurt Parfait	No School	No School
12	13	14	15	16
No School	Corndog Popcorn Chicken w/ Roll Italian Sub Taco Salad	Cheese Pizza Sausage Pizza Casablanca's Hummus Bagel Lochmead Yogurt	Bean & Cheese Burrito Chicken Bites w/ Roll Turkey-ham Sandwich Chef Salad	Hamburger Cheeseburger Turkey Sandwich Chicken Caesar Salad
19	20	21	22	23
Chicken & Waffle Hot Dog Sunbutter & Jelly Sandwich Garden Salad	Baked Beef or Bean Nacho Soft Pretzel w/ Real Melted Cheese Italian Sub Taco Salad	Cheese Pizza Pepperoni Pizza Turkey & Cheese Flatbread Lochmead Yogurt Parfait	No School	No School
26	27	28	29	30
Corndog Jerk Chicken Flatbread Sunbutter & Jelly Sandwich Garden Salad	Chicken Burger Mac & Cheese Italian Sub Taco Salad	Cheese Pizza Hawaiian Pizza Casablanca's Hummus Bagel Lochmead Yogurt	Bean & Cheese Enchilada Chicken Bites w/ Roll Turkey-Ham Sandwich Chef Salad	Hamburger Cheeseburger Turkey Sandwich Chicken Caesar Salad

Our schools prepare and serve products which may contain ingredients identified as food allergens. Individual meal components may contain or be exposed to food allergens. Please contact Registered Dietician Marquis Scurlock at 541-790-7657 or mscurlock@4j.lane.edu for information.

\*WG (Whole Grain) or WW (Whole Wheat) offerings are available with all entrées, including salads.



»Find nutrition information on our website at <https://www.4j.lane.edu/nutrition/>  
 »While online be sure to check out Lift-Off's Playground for FUN nutrition activities, recipes, games and much more!



**Offered Daily are a variety of Fresh and/or Canned Fruits and Vegetables.**

**Milk offered daily.**

# 4J Elementary School Clubhouse Menu

## DAILY LUNCH SPECIALS



Lunes	Martes	Miércoles	Jueves	Viernes
			1	2
All Meals Include Fruit, Vegetables & Milk			Nuggets de Pollo con Panecillo Sándwich de Queso Asado Sándwich de Pavo con Queso Ensalada de Chef	Hamburguesa Hamburguesa con Queso Sándwich de Pavo con Queso Ensalada de César de Pollo
5	6	7	8	9
Pancho Hamburguesa de Pollo Sándwich de Girasol con Jalea Ensalada de Venduras	Papa Horneada Ravioli con Queso con WG Palitos de Pan Sándwich de Pavo con Queso Ensalada de Taco	Pizza de Queso Pizza de Pepperoni Sándwich de Pavo con Queso Yogur con Fruta de Lochmead	No Escuela	No Escuela
12	13	14	15	16
No Escuela	Comdog Palomitas de Pollo con Panecillo Italiano Sub Ensalad de Taco	Pizza de Queso Pizza de Salchicha Bagel con Hummus de Casablanca's Cocina Yogur con Fruta de Lochmead	Burrito de Frijoles y Queso Nuggets de Pollo con Panecillo Sándwich de Pavo con Queso Ensalada de Chef	Hamburguesa Hamburguesa con Queso Sándwich de Pavo con Queso Ensalada de César de Pollo
19	20	21	22	23
Pollo y Waffle Pancho Sándwich de Girasol con Jalea Ensalada de Venduras	Nachos con Carne y Frijoles Pretzel Suave con Queso Fundido Real Italiano Sub Ensalad de Taco	Pizza de Queso Pizza de Pepperoni Sándwich de Pavo con Queso en Pan Plano Yogur con Fruta de Lochmead	No Escuela	No Escuela
26	27	28	29	30
Comdog Pan Plano con Pollo Jerk Sándwich de Girasol con Jalea Ensalada de Venduras	Hamburguesa de Pollo Macarrones con Queso Italiano Sub Ensalad de Taco	Pizza de Queso Pizza Hawaiana Bagel con Hummus de Casablanca's Cocina Yogur con Fruta de Lochmead	Enchiladas de Frijoles y Queso Nuggets de Pollo con Panecillo Sándwich de Pavo con Queso Ensalada de Chef	Hamburguesa Hamburguesa con Queso Sándwich de Pavo con Queso Ensalada de César de Pollo

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\*WG (Grano Integral) or WW (Trigo Integral) ofrendas están disponibles con todas comidas incluso ensaladas.



»Encuentre información sobre nutrición en nuestra página web en <https://www.4j.lane.edu/nutrition/>

»¡También en esta página, revise las actividades DIVERTIDAS de nutrición en "Lift-Off's Playground", recetas, juegos y mucho más!



**Todos los días se ofrece una variedad de frutas y/o vegetales frescos o enlatados. Leche ofrecidos diariamente.**