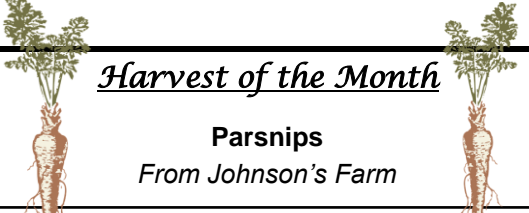


Elementary School Menu

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Breakfast</i>	Served Daily			
<i>Lunch Features</i>	"Vegetarian Options Available" – Symbol: (v) Fruits and Vegetable Offering Bar ^(V) Lochmead 1%, Fat Free Milk, & Non-Fat Chocolate Milk			
31	1	2	3	4
WINTER BREAK				
7	8	9	10	11
No School Professional Development Day	Pancake Bites with Sausage	Biscuit and Gravy with Sausage	Egg & Cheese English Muffin	Whole Grain Cinnamon Roll
	Mashed Potatoes ^(V) With Turkey Gravy Corn Dog Italian Sub Taco Salad	Pepperoni Grilled Cheese Sausage Pizza Casablanca's Hummus Bagel ^(V) Lochmead Yogurt Parfait ^(V)	Bean & Cheese Burrito ^(V) Chicken Bites w/ Roll Turkey-ham Sandwich Chef Salad	Hamburger Cheeseburger Veggie burger ^(V) Turkey Sandwich Chicken Caesar Salad
14	15	16	17	18
Cheese Omelet w/ Hash Brown	Biscuit and Gravy with Sausage	Maple Waffles	Egg & Cheese English Muffin	Whole Grain Cinnamon Roll
Chicken & Waffle Hot Dog Sunbutter & Jelly Sandwich ^(V) Garden Salad ^(V)	Baked Beef or Bean Nachos ^(V) Soft Pretzel w/ Melted Cheese ^(V) Italian Sub Taco Salad	Cheese Pizza ^(V) Hawaiian Pizza Turkey & Cheese Flatbread Lochmead Yogurt Parfait ^(V)	Chicken Bites w/ Roll Grilled Cheese ^(V) Turkey-ham Sandwich Chef Salad	Hamburger Cheeseburger Veggie burger ^(V) Turkey Sandwich Chicken Caesar Salad
21	22	23	24	25
No School Martin Luther King Jr. Day	Pancake Bites with Sausage	Biscuit and Gravy with Sausage	Egg & Cheese English Muffin	Whole Grain Cinnamon Roll
	Topped Baked Potato ^(V) Cheesy Ravioli w/ WG Breadstick ^(V) Italian Sub Taco Salad	Cheese Pizza ^(V) Pepperoni Pizza Turkey Sandwich Lochmead Yogurt Parfait ^(V)	Bean & Cheese Burrito ^(V) Chicken Bites w/ Roll Turkey-ham Sandwich Chef Salad	Hamburger Cheeseburger Veggie burger ^(V) Turkey Sandwich Chicken Caesar Salad
28	29	30	31	1
Cheese Omelet w/ Hash Brown	Biscuit and Gravy with Sausage	Maple Waffles	Egg & Cheese English Muffin	No School Grading Day
Chicken & Waffle Hot Dog Sunbutter & Jelly Sandwich ^(V) Garden Salad ^(V)	Baked Beef or Bean Nachos ^(V) Soft Pretzel w/ Melted Cheese ^(V) Italian Sub Taco Salad	Cheese Pizza ^(V) Hawaiian Pizza Turkey & Cheese Flatbread Lochmead Yogurt Parfait ^(V)	Chicken Bites w/ Roll Grilled Cheese ^(V) Turkey-ham Sandwich Chef Salad	



Harvest of the Month

Parsnips

From Johnson's Farm

<u>Meal Cost</u>			
	Elementary	Middle	High
Breakfast	\$0.00	\$1.65	\$1.90
Lunch	\$2.90	\$3.15	\$3.40

All Schools

Reduced-price Breakfast NO CHARGE

Reduced-price Lunch NO CHARGE

Milk Only \$0.50

Adult Breakfast \$3.50

Adult Lunch \$4.00

Earn extra money while your kids are in school!

4J Nutrition Services invites you to join our team as a regular or substitute superhero. Enjoy summer, nights, and weekends off; ideal positions for parents with children in school.

Contact us at 541-790-7654 to learn more, or apply at <http://agency.governmentjobs.com/laneedu/default.cfm> for positions in all departments and schools

Eugene School District 4J is an equal opportunity provider.



Visit us at:

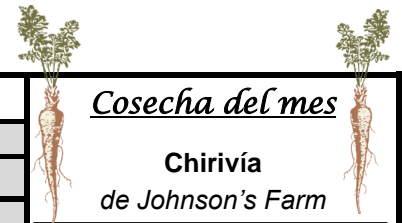
www.4j.lane.edu/nutrition

www.facebook.com/4jnutritionservices

Online Menu with Nutrient & Allergy Information:
www.4j.nutrislice.com

Menú de Diciembre de Primaria Enero 2019

Lunes	Martes	Miércoles	Jueves	Viernes
31	1	2	3	4
VACACIONES DE INVIERNO				
7	8	9	10	11
No School Professional Development	Bocados de Panqueques	Bizcocho y Salsa con Salchicha	Muffin de Huevo y Queso	Rollos de Canela
	Salsa de pavo con puré de papas ^(V)	Sándwich de queso a la plancha con pepperoni	Burrito de Frijoles y Queso ^(V)	Hamburguesa
	Corn Dog	Bagel con Hummus de Casablanca's Cocina ^(V)	Nuggets de Pollo con Panecillo	Hamburguesa con Queso
	Italiano Sub	Yogur con Fruta de Lochmead ^(V)	Sándwich de Pavo con Queso	Hamburguesa Vegetariana ^(V)
Ensalada de Taco		Ensalada de Chef	Sándwich de Pavo con Queso	Ensalada de César de Pollo
14	15	16	17	18
Omelette de Queso con Croquetas de Papas	Bizcocho y Salsa con Salchicha	Waffles de Arce	Muffin de Huevo y Queso	Rollos de Canela
Pollo y Waffle	Nachos con Carne y Frijoles ^(V)	Pizza de Queso ^(V)	Nuggets de Pollo con Panecillo	Hamburguesa
Pancho	Pretzel Suave con Queso ^(V)	Pizza de Pepperoni	Sándwich de Queso Asado ^(V)	Hamburguesa con Queso
Sándwich de Girasol con Jalea ^(V)	Fundido Real	Sándwich de Pavo con Queso	Sándwich de Pavo con Queso	Hamburguesa Vegetariana ^(V)
Ensalada de Venduras ^(V)	Italiano Sub	Yogur con Fruta de Lochmead ^(V)	Ensalada de Chef	Sándwich de Pavo con Queso
	Ensalada de Taco			Ensalada de César de Pollo
21	22	23	24	25
No School Martin Luther King Jr. Day	Bocados de Panqueques	Bizcocho y Salsa con Salchicha	Muffin de Huevo y Queso	Rollos de Canela
	Papa Horneada ^(V)	Pizza de Queso ^(V)	Burrito de Frijoles y Queso ^(V)	Hamburguesa
	Ravioli con Queso con WG Palitos de Pan ^(V)	Pizza Hawaiana	Nuggets de Pollo con Panecillo	Hamburguesa con Queso
	Italiano Sub	Sándwich de Pavo con Queso en Pan Plano	Sándwich de Pavo con Queso	Hamburguesa Vegetariana ^(V)
	Ensalada de Taco	Yogur con Fruta de Lochmead	Ensalada de Chef	Sándwich de Pavo con Queso
				Ensalada de César de Pollo
28	29	30	31	1
Omelette de Queso con Croquetas de Papas	Bizcocho y Salsa con Salchicha	Waffles de Arce	Muffin de Huevo y Queso	No School Grading Day
Pollo y Waffle	Nachos con Carne y Frijoles ^(V)	Pizza de Queso ^(V)	Nuggets de Pollo con Panecillo	
Pancho	Pretzel Suave con Queso Fundido Real ^(V)	Pizza de Pepperoni	Sándwich de Queso Asado ^(V)	
Sándwich de Girasol con Jalea ^(V)	Italiano Sub	Sándwich de Pavo con Queso	Sándwich de Pavo con Queso	
Ensalada de Venduras ^(V)	Ensalada de Taco	Yogur con Fruta de Lochmead ^(V)	Ensalada de Chef	



Cosecha del mes

Chirivía
de Johnson's Farm

Meal Cost

Desayuno \$0.00
Almuerzo \$2.90

All Schools/ Todas Las Escuelas
Precio reducido para desayuno - GRATIS
Precio reducido para almuerzo - GRATIS
Una leche - \$0.50
Desayuno para adultos - \$3.50
Almuerzo para adultos - \$4.00

Eugene School District 4J es un
proveedor que ofrece
igualdad de oportunidades.



Visit us at:

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Online Menu with Nutrient & Allergy
Information: www.4j.nutrislice.com