













































Elementary October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>BREAKFAST Cheese Omelet with a Hash Brown Patty & Toast</p> <p>LUNCH:</p> <p>Crispy Chicken Sandwich BBQ Pork Sandwich</p> <p> Grilled Cheese Sandwich on whole grain bread</p> <p> Garden Salad with WG Rolls</p>	<p>2</p> <p>BREAKFAST Mini Strawberry Pancakes</p> <p>LUNCH:</p> <p> Beef or Bean Nachos</p> <p> Macaroni & Cheese</p> <p>Turkey-Ham & Cheese Sandwich on whole grain bread</p> <p>Taco Salad</p>	<p>3</p> <p>BREAKFAST Maple Waffles</p> <p>LUNCH:</p> <p> 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>4</p> <p>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 on whole grain bread</p> <p>Chef Salad with a whole grain roll</p>	<p>5</p> <p>BREAKFAST: Whole Grain Cinnamon Rolls</p> <p>LUNCH:</p> <p>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>8</p> <p>BREAKFAST Cheese Omelet with a Hash Brown 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>9</p> <p>BREAKFAST: Mini Strawberry Pancakes</p> <p>LUNCH:</p> <p> Baked Potato</p> <p> Beef or Bean Nachos</p> <p>Turkey-Ham & Cheese Sandwich on whole grain bread</p> <p>Taco Salad</p>	<p>10</p> <p>BREAKFAST: Maple Waffle</p> <p>LUNCH:</p> <p> Cheese Pizza  Pepperoni Pizza</p> <p> Lochmead Yogurt Parfait <small>Served with peaches or boysenberries & granola</small></p> <p>Turkey and Cheddar Sandwich on whole grain bread</p>	<p>11</p> <p>No School</p> <p>Professional Development</p>	<p>12</p> <p>No School</p> <p>Statewide In-Service Day</p>
<p>*Check out our new menu items*</p>				
<p>15</p> <p>BREAKFAST: Cheese Omelet with a Hash Brown Patty & Toast</p> <p>LUNCH:</p> <p>Crispy Chicken Sandwich BBQ Pork Sandwich</p> <p> Grilled Cheese Sandwich on whole grain bread</p> <p> Garden Salad with WG Rolls</p>	<p>16</p> <p>BREAKFAST: Mini Strawberry Pancakes</p> <p>LUNCH:</p> <p> Beef or Bean Nachos</p> <p> Macaroni & Cheese</p> <p>Turkey-Ham & Cheese Sandwich on whole grain bread</p> <p>Taco Salad</p>	<p>17</p> <p>BREAKFAST: Maple Waffles</p> <p>LUNCH:</p> <p> 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>18</p> <p>BREAKFAST: Egg & Cheese Muffin</p> <p>LUNCH:</p> <p>Chicken Nuggets</p> <p> Bean & Cheese Burrito</p> <p>Turkey-Ham & Cheese Sandwich on whole grain bread</p> <p>Chef Salad with a whole grain roll</p>	<p>19</p> <p>BREAKFAST: Whole Grain Cinnamon Rolls</p> <p>LUNCH:</p> <p>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>22</p> <p>BREAKFAST: Cheese Omelet with a Hash Brown Patty & Toast</p> <p>LUNCH:</p> <p>*Chicken & Waffle* <i>Topped with a Berry Compote</i></p> <p>Turkey Hot Dog on a WG Bun</p> <p> Sunbutter with Flatbread</p> <p>Garden Salad with WG Rolls</p>	<p>23</p> <p>BREAKFAST: *Biscuit & Gravy*</p> <p>LUNCH:</p> <p> Baked Potato</p> <p> Beef or Bean Nachos</p> <p> Turkey-Ham & Cheese Sandwich on whole grain bread</p> <p>Taco Salad</p>	<p>24</p> <p>BREAKFAST: Maple Waffle</p> <p>LUNCH:</p> <p> Cheese Pizza  Pepperoni Pizza</p> <p> Lochmead Yogurt Parfait <small>Served with peaches or boysenberries & granola</small></p> <p>Turkey and Cheddar Sandwich on whole grain bread</p>	<p>25</p> <p>BREAKFAST: Yogurt Parfait with Granola</p> <p>LUNCH:</p> <p>*Cheesy Flatbread Lasagna*</p> <p> 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>26</p> <p>BREAKFAST: Whole Grain Cinnamon Rolls</p> <p>LUNCH:</p> <p>Hamburger, Cheeseburger or Veggie burger w/ Roasted Red Potatoes</p> <p> Casablanca Hummus <small>served with a whole grain bagel</small></p> <p> Chef Salad with a whole grain roll</p> <p>~Cookie Day~</p>
<p>29</p> <p>BREAKFAST: Cheese Omelet with a Hash Brown Patty & Toast</p> <p>LUNCH:</p> <p>Crispy Chicken Sandwich</p> <p>*Jerk Chicken Flatbread*</p> <p> Grilled Cheese Sandwich on whole grain bread</p> <p> Garden Salad with WG Rolls</p>	<p>30</p> <p>BREAKFAST: Mini Strawberry Pancakes</p> <p>LUNCH:</p> <p> Beef or Bean Nachos</p> <p> Macaroni & Cheese</p> <p>Turkey-Ham & Cheese Sandwich on whole grain bread</p> <p>Taco Salad</p>	<p>31</p> <p>BREAKFAST: *Local Applesauce Muffins with Blueberries*</p> <p>LUNCH:</p> <p> 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><i>MENU IS SUBJECT TO CHANGE</i></p>	

Local Products on this Menu

Camas Mill's scratch Muffins and Biscuits

Hummus from Casablanca

Lochmead Milk and Yogurt

Local Bagels from Bagel Sphere

Granola from Bob's Red Mill

Harvest of the Month

CORN






www.4j.lane.edu/nutrition

www.facebook.com/4jnutritionservices


Online Menu Nutrient & Allergy Info:


www.4j.nutrislice.com


Served Daily

 Whole Grain Bagel & Cream Cheese	Vegetarian entrée
Oatmeal	Fruits and Vegetable
Breakfast Round	Offering Bar
Assorted Cereal	Lochmead 1% or Fat Free Milk 
Hard Boiled Egg	Non-Fat Chocolate Milk 
100% Fruit Juice	

Symbols

 Pork

 Vegetarian

 Local Product



ELEMENTARY MENU PRICES

	Breakfast	Lunch
Free:	\$0.00	\$0.00
Reduced:	\$0.00	\$0.00
Paid:	\$0.00	\$0.00
Adult:	\$3.50	\$4.00
Milk:	\$.50	\$.50

Eugene School District 4J
is an equal opportunity provider