

Elementary October

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



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	\$2.90
Adult:	\$3.50	\$4.00
Milk:	\$.50	\$.50

Eugene School District 4J is an equal opportunity provider