

# HIGH SCHOOL MENU

# OCTOBER 2019



## POWER UP BREAKFAST

### Daily Breakfast Specials

- Monday** Breakfast Sandwich
- Tuesday** Breakfast Burrito
- Wednesday** Pancake Combo
- Thursday** Breakfast Burrito
- Friday** Breakfast Sandwich

### Everyday Breakfast

**Fill up! Unlimited offering bar with** Hard-boiled eggs, Scones, Bars or Muffins, Bagels, Yogurt, Hot & Cold Cereals, and Fruit Milk (1% & nonfat)

## REFUEL WITH LUNCH



1. Choose an entrée: Featured Hot, Salad or Sandwich
2. Fill up on unlimited fruits & veggies at the Offering Bar
3. Quench your thirst with water or milk (1% & nonfat options)

### Everyday Lunch

**Sandwiches** Various grab-n-go options

**Salads** Various prepared salads

**Favorites! Pizza & Burger Bar offered Daily**

Menu subject to change. Menu & Nutrition Info: [family.titank12.com](http://family.titank12.com)

## FEATURED ENTREES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sep 30–Oct 4	<ul style="list-style-type: none"> <li>▪Chicken Tenders</li> <li>▪Tater Tots</li> </ul>	<ul style="list-style-type: none"> <li>▪Burrito/Nacho Bar featuring chili verde, tofu verde, or ground beef</li> </ul>	<ul style="list-style-type: none"> <li>▪Scratch Sloppy Joes with Beef or Tempeh</li> <li>▪Sweet Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>▪Macaroni &amp; Cheese with Reality Kitchen Pretzel Twist</li> </ul>	<ul style="list-style-type: none"> <li>▪Pesto Panini</li> </ul>
Oct 7-11	<ul style="list-style-type: none"> <li>▪Chicken or Tofu with Organic Yakisoba Noodles</li> </ul>	<ul style="list-style-type: none"> <li>▪Taco/Nacho Bar with Pico de Gallo</li> </ul>	<ul style="list-style-type: none"> <li>▪Chicken or Eggplant Cordon Bleu with Parmesean Pasta</li> </ul>	<ul style="list-style-type: none"> <li>▪NO SCHOOL</li> </ul>	<ul style="list-style-type: none"> <li>▪NO SCHOOL</li> </ul>
Oct 14-18	<ul style="list-style-type: none"> <li>▪Teriyaki Chicken or Tofu with Brown Basmati Rice</li> <li>▪Sesame Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>▪Burrito Bar featuring chili verde, tofu verde, or ground beef</li> </ul>	<ul style="list-style-type: none"> <li>▪Cuban Sandwich with Pork or Tempeh</li> <li>▪Sweet Potato Fries</li> </ul>	<ul style="list-style-type: none"> <li>▪Roctober Chili with Beef or Black Beans with Tortilla Chips</li> </ul>	<ul style="list-style-type: none"> <li>▪Pork or Tempeh Sandwich</li> </ul>
Oct 21-25	<ul style="list-style-type: none"> <li>▪Chicken or Tofu with Organic Yakisoba Noodles</li> </ul>	<ul style="list-style-type: none"> <li>▪Taco/Nacho Bar with Pico de Gallo</li> </ul>	<ul style="list-style-type: none"> <li>▪Scratch Sloppy Joes with Beef or Tempeh</li> <li>▪Sweet Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>▪Oven Roasted Chicken or Tofu with Polenta</li> </ul>	<ul style="list-style-type: none"> <li>▪Philly Beef Sandwich</li> </ul>
Oct 28-31	<ul style="list-style-type: none"> <li>▪Orange Chicken or Tofu with Brown Basmati Rice</li> </ul>	<ul style="list-style-type: none"> <li>▪Fajitas w/ toppings bar</li> <li>▪Spanish Rice and Refried Beans</li> </ul>	<ul style="list-style-type: none"> <li>▪Turkey Gravy over Mashed Potatoes, Cranberries</li> <li>▪Garlic Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>▪Dough Dogs</li> </ul>	<ul style="list-style-type: none"> <li>▪Meatball Sub Sandwich</li> </ul>

This institution is an equal opportunity provider

(v) Vegetarian option available • Burger Bar includes beef, bean, vegan, chicken and spicy chicken options • Pizza includes pepperoni, cheese, veggies and special options

**MEAL PRICES** Pay online at: [mymealtime.com](http://mymealtime.com)  
All students are invited to enjoy a school meal regardless of ability to pay.

**Breakfast** \$2.00 Students | \$4.00 Adults | \$0 Free/Reduced  
**Lunch** \$3.50 Students | \$5.00 Adults | \$0 Free/Reduced  
**Free Meals** ECCO, Eugene Online Academy & Fox Hollow (All Meals)

**QUESTIONS?**  
Call (541) 790-7656 or visit [www.4j.lane.edu/nutrition](http://www.4j.lane.edu/nutrition)

**Earn extra money while your kids are in school!**  
Apply to join 4J Nutrition Services at [agency.governmentjobs.com/laneedu/default.cfm](http://agency.governmentjobs.com/laneedu/default.cfm) or call (541) 790-7654

**Eugene School District 4J Nutrition Services**  
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