

MIDDLE 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, Bagels, Yogurt^(v), Hot & Cold Cereals, and fruit

Milk (1% & nonfat)

REFUEL WITH LUNCH

IT'S EASY!

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)

Daily Sandwich & Salad Specials (Lunch)

- Monday** Bagel (veggie or meat), Chef Salad
- Tuesday** Sub Sandwich (veggie or meat), Asian Salad
- Wednesday** Naan Dippers (tuna, hummus, egg salad), Taco Salad
- Thursday** Super Sub (turkey, ham or veggie), Caesar Salad
- Friday** Bagel Sandwich (turkey, ham or veggie), Chef Salad

Menu subject to change. Menu & Nutrition Info: family.titank12.com

FEATURED ENTREES

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------|--|--|--|--|---|
| Sep 30–Oct 4 | <ul style="list-style-type: none"> ▪Chicken Tenders ▪Tater Tots ▪Pepperoni or Cheese Pizza | <ul style="list-style-type: none"> ▪Burrito Bar featuring chili verde, tofu verde, or ground beef ▪Beef, Chicken, Spicy Chicken, Black Bean or Vegan Burgers | <ul style="list-style-type: none"> ▪Scratch Sloppy Joes with Beef or Tempeh ▪Sweet Potatoes ▪Pepperoni or Cheese Pizza | <ul style="list-style-type: none"> ▪Macaroni & Cheese with Reality Kitchen Pretzel Twist ▪Beef, Chicken, Spicy Chicken, Black Bean or Vegan Burgers | <ul style="list-style-type: none"> ▪All Beef or Veggie Hot Dog ▪Pepperoni or Cheese Pizza |
| Oct 7–11 | <ul style="list-style-type: none"> ▪Chicken or Tofu with Organic Yakisoba Noodles ▪Steamed Edamame ▪Pepperoni or Cheese Pizza | <ul style="list-style-type: none"> ▪Taco/Nacho Bar with Pico de Gallo ▪Beef, Chicken, Spicy Chicken, Black Bean or Vegan Burgers | <ul style="list-style-type: none"> ▪Chicken or Eggplant Cordon Bleu with Parmesean Pasta ▪Pepperoni or Cheese Pizza | <ul style="list-style-type: none"> ▪NO SCHOOL | <ul style="list-style-type: none"> ▪NO SCHOOL |
| Oct 14–18 | <ul style="list-style-type: none"> ▪Teriyaki Chicken or Tofu with Brown Basmati Rice ▪Sesame Green Beans ▪Pepperoni or Cheese Pizza | <ul style="list-style-type: none"> ▪Burrito Bar featuring chili verde, tofu verde, or ground beef ▪Beef, Chicken, Spicy Chicken, Black Bean or Vegan Burgers | <ul style="list-style-type: none"> ▪BBQ Sandwich with Pork or Tempeh ▪Pepperoni or Cheese Pizza | <ul style="list-style-type: none"> ▪Roctoher Chili with Beef or Black Beans with Tortilla Chips ▪Beef, Chicken, Spicy Chicken, Black Bean or Vegan Burgers | <ul style="list-style-type: none"> ▪Chicken Tenders ▪Tater Tots ▪Pepperoni or Cheese Pizza |
| Oct 21–25 | <ul style="list-style-type: none"> ▪Chicken or Tofu with Organic Yakisoba Noodles ▪Pepperoni or Cheese Pizza | <ul style="list-style-type: none"> ▪Taco/Nacho Bar with Pico de Gallo ▪Beef, Chicken, Spicy Chicken, Black Bean or Vegan Burgers | <ul style="list-style-type: none"> ▪Scratch Sloppy Joes with Beef or Tempeh ▪Sweet Potatoes ▪Pepperoni or Cheese Pizza | <ul style="list-style-type: none"> ▪Oven Roasted Chicken or Tofu with Polenta ▪Beef, Chicken, Spicy Chicken, Black Bean or Vegan Burgers | <ul style="list-style-type: none"> ▪All Beef or Veggie Hot Dog ▪Pepperoni or Cheese Pizza |
| Oct 28–31 | <ul style="list-style-type: none"> ▪Orange Chicken or Tofu with Brown Basmati Rice ▪Pepperoni or Cheese Pizza | <ul style="list-style-type: none"> ▪Fajitas w/ toppings bar ▪Spanish Rice and Refried Beans ▪Beef, Chicken, Spicy Chicken, Black Bean or Vegan Burger | <ul style="list-style-type: none"> ▪Turkey Gravy over Mashed Potatoes, Cranberries ▪Garlic Green Beans ▪Pepperoni or Cheese Pizza | <ul style="list-style-type: none"> ▪Dough Dogs ▪Beef, Chicken, Spicy Chicken, Black Bean or Vegan Burgers | <ul style="list-style-type: none"> ▪Chicken Tenders ▪Tater Tots ▪Pepperoni or Cheese Pizza |

(v) Vegetarian option available

MEAL PRICES Pay online at: mymealtime.com

Breakfast \$1.75 Students | \$4.00 Adults | \$0 Free/Reduced

Lunch \$3.25 Students | \$5.00 Adults | \$0 Free/Reduced

Free Meals ATA, Fox Hollow & Kelly (All Meals), Madison (Free Breakfast)

QUESTIONS?

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