

High School Menu September 2019

Power Up with Breakfast

Daily Breakfast Entrées

Monday: Fresh-baked artisan scones

Tuesday: Yo! Bowl

Wednesday: Breakfast Sandwich

Thursday: Pancake Combo

Friday: Assorted Muffins

Everyday Breakfast

Hard-boiled eggs, Bagels, Yogurt^(v) &
Hot & Cold Cereals
Milk: 1% & Non-Fat

Refuel with Lunch

1. **Choose an Entrée:** Featured daily hot, salad, or sandwich entrée
2. Fill up on unlimited fruits and veggies on the offering bar
3. Quench your thirst with water or milk (1% & Non-fat options)

^(v) **Vegetarian option available** As available: ask for gluten free!

Everyday Lunch

Sandwiches Various grab-n-go options

Entrée Salads: Various prepared salads

Monday	Tuesday	Wednesday	Thursday	Friday	
Menu Subject to Change Menu & Nutrient Information: https://family.titank12.com/		* Naan Dippers	* 100% Beef Hot Dog	* Pasta Bar	Sept 2-6 Sept 9-13 Sept 16-20 Sept 23-27
* Pesto Panini * Burger Bar	* Meatball Sub Sandwich * Taco/Nacho Bar	* Macaroni & Cheese ^(v) w/ Dinner Roll * Pizza	* Scratch Chili with Beef or Black Beans ^(v) w/ Tortilla Chips * Taco/Nacho Bar	* Scratch Sloppy Joes w/ Beef or Tempeh ^(v) & Tot * Burger Bar	
* Fish Tacos * Burger Bar	* Cuban Sandwich * Taco/Nacho Bar	* Yakisoba Noodles w/ Chicken or Tofu ^(v) * Pizza	* Oven Roasted Chicken or Tofu ^(v) w/ Polenta * Taco/Nacho Bar	* BBQ Sandwich w/ Pork or Tempeh ^(v) * Burger Bar	
* Chicken Gravy w/ Mashed Potatoes * Burger Bar	* Philly Beef Sandwich * Taco/Nacho Bar	* Macaroni & Cheese ^(v) w/ Dinner Roll * Pizza	* Scratch Chili with Beef or Black Beans ^(v) w/ Tortilla Chips * Taco/Nacho Bar	* Scratch Sloppy Joes w/ Beef or Tempeh & Tofu * Burger Bar	

Featured Entrées

Burger Bar includes beef, bean, vegan, chicken, and spicy chicken options

Pizza includes pepperoni, cheese, veggies, and special options



Eugene School District 4J Nutrition Services
200 North Monroe Street Eugene, OR 97402

Meal Prices

Pay online at:
www.mymealtime.com

**All students are invited to
enjoy a school meal
regardless of ability to pay.**

Breakfast

\$2.00 Students
\$4.00 Adult Breakfast
\$0.00 Free/Reduced

Lunch

\$3.50 Student Lunch
\$5.00 Adult Lunch
\$0.00 Free/Reduced

ECCO is now CEP—All students eat for free with NO APPLICATION!

This institution is an equal opportunity provider