

Middle 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

Daily Sandwich & Salad Entrées

- Monday: Pizza (Cheese, Pepperoni), Bagel sandwiches (turkey, club, veggie), Chef salad
 Tuesday: Sub sandwiches, Asian Salad
 Wednesday: Pizza (Cheese, Pepperoni), Naan Dippers (tuna, hummus, egg salad), Taco salad
 Thursday: Burger Bar, Super Sub w/ Turkey, Club, or Veggies, Caesar Salad
 Friday: Pizza (Cheese, Pepperoni), Bagel sandwiches (turkey, club, veggie), Chef salad

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 !

Daily Hot Entrées

Monday	Tuesday	Wednesday	Thursday	Friday			
Menu Subject to Change		* Pepperoni, Veggie, or Cheese ^(V) Pizza	* Burger Bar: Beef, Black Bean, Vegan, Chicken ^(V)	* Pepperoni, Veggie, or Cheese ^(V) Pizza	Sept 2-6	Featured Hot & Salad Entrées	
Menu & Nutrient Information: https://family.titank12.com/		* Naan Dippers	* 100% Beef Hot Dog	* Entrée salads			
* Teriyaki /Sweet Chili Chicken, Beef, or Tofu ^(V) w/ Rice	* Taco/ Nacho Bar	* Macaroni & Cheese ^(V) w/ Dinner Roll	* Scratch Chili with Beef or Black Beans ^(V) w/ Tortilla Chips	* Scratch Sloppy Joes w/ Beef or Tempeh & Tots			Sept 9-13
* Sweet Chili Beef, Chicken, or Tofu ^(V) w/ Rice	* Burrito Bar	* Yakisoba Noodles w/ Chicken or Tofu ^(V)	* Oven Roasted Chicken or Tofu ^(V) w/ Polenta	* BBQ Sandwich w/ Pork or Tempeh ^(V)			Sept 16-20
* Teriyaki Chicken, Beef, or Tofu ^(V) with Rice	* Taco/ Nacho Bar	* Parmesan Pasta w/ Chicken, Beef, or Tofu ^(V)	* Scratch Chili with Beef or Black Beans ^(V) w/ Tortilla Chips	* Scratch Sloppy Joes w/ Beef or Tempeh & Tots	Sept 23-27		
* Sesame Green							

Meal Prices

Pay online at:
www.mymealtime.com

Free Meals!

ATA & Kelly: All Meals
 All free/reduced eligible students

Breakfast

\$1.75 Students
 \$4.00 Adult Breakfast
 \$0.00 Free/Reduced

Lunch

\$3.25 Student Lunch
 \$5.00 Adult Lunch
 \$0.00 Free/Reduced



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