

# DECEMBER 2019



## POWER UP BREAKFAST

### Daily Breakfast Specials

- Monday** Breakfast Sandwich – Ham or Vegetarian
- Tuesday** Ham & Cheese Eggs with Triangle Potatoes
- Wednesday** Pancake Combo
- Thursday** Breakfast Burrito – Ham or Vegetarian
- Friday** Cheesy Egg Bake with Hash Brown

### Everyday Breakfast

Fill up! Unlimited offering bar with Hard-boiled eggs, Yogurt parfaits, Cheese & Fruit. Also available daily: Scones, Breakfast Rounds or Muffins, Bagels, Hot & Cold Cereals, and 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
Dec 2-6		<ul style="list-style-type: none"> <li>▪Chicken &amp; Veggie Fajitas with the toppings bar</li> <li>▪Spanish Rice and Refried Beans</li> <li>▪Chipotle Ranch for Dipping</li> </ul>	<ul style="list-style-type: none"> <li>▪Bowtie Alfredo with Chicken or Tempeh and Broccoli &amp; roll</li> </ul>	<ul style="list-style-type: none"> <li>▪Italian Seasoned Roasted Chicken or Tempeh with Parmesan Polenta</li> <li>▪Roasted Butternut Squash</li> </ul>	<ul style="list-style-type: none"> <li>▪Philly Beef Sandwich</li> <li>▪Crinkle Cut Fries</li> </ul>
Dec 9-13	<ul style="list-style-type: none"> <li>▪Orange Popcorn Chicken or Tofu with Brown Basmati Rice</li> <li>▪Sesame Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>▪Taco/Nacho Bar with Ground Beef or Tofu</li> <li>▪Pico de Gallo</li> <li>▪Chipotle Ranch</li> </ul>	<ul style="list-style-type: none"> <li>▪House-made Sloppy Joes with Beef or Tempeh</li> <li>▪Sweet Potato Fries</li> </ul>	<ul style="list-style-type: none"> <li>▪Beefy Macaroni &amp; Cheese Bake</li> <li>▪Parmesan Peas</li> </ul>	<ul style="list-style-type: none"> <li>▪Dough Dogs with Baked Fries</li> <li>▪Broccoli Cheese Soup &amp; Reality Kitchen Pretzel Twist</li> </ul>
Dec 16-20	<ul style="list-style-type: none"> <li>▪Chicken or Tofu &amp; Stir-Fried Rice</li> <li>▪Steamed Edamame</li> </ul>	<ul style="list-style-type: none"> <li>▪Chicken or Cheese Tamales</li> <li>▪Spanish Rice &amp; Refried Beans</li> </ul>	<ul style="list-style-type: none"> <li>▪Turkey and Gravy Over Mashed Potatoes</li> <li>▪Corn</li> <li>▪Cranberry Sauce</li> <li>▪Roll</li> </ul>	<ul style="list-style-type: none"> <li>▪Scratch Chili with Beef or Black Beans &amp; Carmen's Corn Tortilla Chips</li> <li>▪Sweet Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>▪Pesto Panini Sandwich</li> <li>▪Tater Tots</li> </ul>
Dec 23-27	Winter Break – No School				
Dec 30-31	Winter Break – No School				

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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