

ELEMENTARY SCHOOL MENU

DECEMBER 2019



POWER UP BREAKFAST

Daily Breakfast Specials

- Monday** Ham & Cheese Egg Bake and Triangle Potatoes
- Tuesday** Pancake Combo
- Wednesday** Breakfast Sandwich
- Thursday** Cheesy Egg bake and Hash Brown Rounds
- Friday** Fresh-baked Artisan Scones

Everyday Breakfast

Hard-boiled eggs, Mini-Bagels, Oatmeal Rounds, Yogurt, Hot & Cold Cereals, Fruit, Cheese, 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)

Daily Sandwich & Salad Specials (Lunch)

- Monday** Turkey, Ham or Sunbutter & Jam Sandwich
- Tuesday** Bagel w/ Turkey, Ham, or Hummus
- Wednesday** Naan Dippers with Tuna, Egg Salad, or Hummus
- Thursday** Super Sub w/ Turkey, Ham or Hummus
- Friday** Naan Dippers w/ Tuna, Egg Salad, or Hummus

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

FEATURED ENTREES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dec 2-6	<ul style="list-style-type: none"> ▪Chicken or Tofu with Organic Yakisoba Noodles ▪Steamed Edamame ▪Chef Salad 	<ul style="list-style-type: none"> ▪Quesadillas with beef, refried beans and/or cheese ▪Chipotle Ranch for dipping ▪Chicken Caesar Salad 	<ul style="list-style-type: none"> ▪Bowtie pasta Alfredo with chicken or tempeh and broccoli ▪Taco Salad 	<ul style="list-style-type: none"> ▪Italian oven roasted Chicken or Tempeh with Parmesan Polenta ▪Roasted Butternut Squash ▪Chef Salad 	<ul style="list-style-type: none"> ▪100% Beef, Vegan, or Black Bean Burger ▪Cauliflower Tots ▪Chicken Caesar Salad
Dec 9-13	<ul style="list-style-type: none"> ▪Popcorn Orange Chicken or Tofu with Brown Basmati Rice ▪Sesame Green Beans ▪Chef Salad 	<ul style="list-style-type: none"> ▪Burritos with beef, tofu, beans and/or cheese ▪Pico de Gallo ▪Chicken Caesar Salad 	<ul style="list-style-type: none"> ▪House-made Sloppy Joes with Beef or Tempeh ▪Sweet Potato Fries ▪Taco Salad 	<ul style="list-style-type: none"> ▪Beefy Macaroni & Cheese Bake ▪Parmesan Peas ▪Chef Salad 	<ul style="list-style-type: none"> ▪Dough Dogs Beef or Veggie with Baked beans ▪Broccoli Cheese Soup & Reality Kitchen Pretzel Twist ▪Chicken Caesar Salad
Dec 16-20	<ul style="list-style-type: none"> ▪Chicken or Tofu & Stir-Fried Rice ▪Steamed Edamame ▪Chef Salad 	<ul style="list-style-type: none"> ▪Chicken or Cheese Tamales, Spanish Rice & refried beans ▪Chicken Caesar Salad 	<ul style="list-style-type: none"> ▪Turkey Gravy over Mashed Potatoes with Corn, Cranberries & Rolls ▪Chef Salad 	<ul style="list-style-type: none"> ▪Scratch Chili with Beef and/or Black Beans, Carmen's Corn Tortilla Chips ▪Taco Salad 	<ul style="list-style-type: none"> ▪Pepperoni or Cheese Pizza ▪Steamed Broccoli ▪Chicken Caesar Salad
Dec 23-27	Winter Break – No School				
Dec 30-31	Winter Break – No School				

(v) Vegetarian option available

MEAL PRICES Pay online at: mymealtime.com

Breakfast \$0 Students | \$1.50 Second Meal | \$4.00 Adults

Lunch \$3.00 Students | \$5.00 Adults | \$0 Free/Reduced

Free Meals All students at CEP Schools: Chavez, Fox Hollow, Holt, Howard, McCormack & River Rd/El Camino del Rio

QUESTIONS?

Call (541) 790-7656 or visit www.4j.lane.edu/nutrition

Eugene School District 4J Nutrition Services
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