

# HIGH SCHOOL MENU

# JANUARY 2020



## POWER UP BREAKFAST

### Daily Breakfast Specials

- Monday** English Muffin Breakfast Sandwich
- Tuesday** Ham & Cheese Eggs with Triangle Hash Browns
- Wednesday** Pancake Combo
- Thursday** Breakfast Burrito ~ Ham or Vegetarian
- Friday** Breakfast Sandwich

### Everyday Breakfast

Hard-boiled eggs, Scones, Bars or Muffins, Bagels, Yogurt  
Hot & Cold Cereals, 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
- Burgers** Various grab-n-go options
- Pizzas** Various grab-n-go options

Menu subject to change. Menu & Nutrition Info: [family.titank12.com](http://family.titank12.com)

## FEATURED ENTREES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Jan 1-3</b>	<b>WINTER BREAK – NO SCHOOL</b>				
<b>Jan 6-10</b>	▪NO SCHOOL	▪Burrito/Nacho Bar featuring Chili Verde, Tofu Verde, or Taco Meat ▪Pico de Gallo	▪Macaroni & Cheese ▪Parmesan Peas	▪Scratch Sloppy Joes with Beef or Tempeh ▪Roasted Sweet Potatoes	▪Pesto Panini Sandwich ▪Tater Tots
<b>Jan 13-17</b>	▪Orange Popcorn Chicken or Tofu & Rice ▪Sesame Green Beans	▪Chicken & Veggie Fajitas with the toppings bar ▪Spanish Rice and Refried Beans	▪Parmesan Pasta with Chicken or Tofu ▪Kale Cranberry Salad	▪BBQ Baked Chicken and Roasted Potatoes, with a Breadstick	▪Philly Beef Sandwich ▪Crinkle Cut Fries
<b>Jan 20-24</b>	▪NO SCHOOL	▪Taco/Nacho Bar with Ground Beef or Tofu ▪Pico de Gallo	▪Bowtie Alfredo with Chicken or Tempeh and Broccoli & Breadstick	▪Turkey and Gravy Over Mashed Potatoes & a Dinner Roll	▪Meatball Sub Sandwich ▪Sweet Potato Fries
<b>Jan 27-31</b>	▪Chicken or Tofu with Organic Yakisoba Noodles ▪Steamed Edamame	▪Beef, Bean and/or Cheese Quesadillas ▪Spanish Rice ▪Chipotle Ranch for dipping	▪Italian Roasted Chicken with Parmesan Polenta ▪Roasted Butternut Squash	▪Buffalo Wild Chicken, Reality Kitchen Pretzel Twist, Carrots & Celery w/Ranch	▪NO SCHOOL

This institution is an equal opportunity provider

(v) Vegetarian option available

**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)

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**Eugene School District 4J Nutrition Services**  
200 N Monroe St., Eugene, OR 97402