

月
MONDAY

火
TUESDAY

水
WEDNESDAY

木
THURSDAY

金
FRIDAY

<p>3 休校 No School Planning Day</p>	<p>4 Lunch: Breakfast for Lunch: -French Toast Sticks with Sausage Links -Fiesta Beans & Cheese over Corn Tortilla Triangles Chicken Fajita Salad Tuna Salad Sandwich</p>	<p>5 Lunch: 4J Parmesan Chicken with Whole Wheat Pasta 4J -Freshly Baked Cheese BBQ Turkey Patty on Multigrain Bun *Lift Off Spinach Salad w/ Roll -Veggie Wrap</p>	<p>6 Lunch: 4J -Baked Three Cheese & Vegetable Lasagna w/ Side Salad Chicken Patty on Multigrain Bun ~Fruit & Yogurt Parfait w/ Graham Crackers Turkey & Cheese Wrap</p>	<p>7 Lunch: Cookie Day Texas Chicken Nugget with Buttermilk Biscuit 4J -Bean & Cheese Enchiladas -Minnie Mouse Salad w/Roll Turkey & Cheese Sandwich on Whole Wheat</p>
<p>10 Lunch: Baked Chicken Bites w/ Redskin Mashed Potatoes 4J -Bean & Cheese Burrito Hamburger on a Multigrain Bun ~Hearty Garden Salad w/ Roll Ham & Cheese Sandwich on Whole Wheat</p>	<p>11 Lunch: *Baked Potato w Topping Bar 4J Taco Tuesday *Black Bean Salad w/ Tortilla Chips Turkey & Cheese on Whole Wheat</p>	<p>12 Lunch: 4J *Sweet & Sour Tofu w/ Pineapple Brown Rice Big Daddy Pepperoni Pizza -Minnie Mouse Salad w/Roll Roasted Turkey & Cream Cheese Pinwheels</p>	<p>13 Lunch: 4J *Multigrain Rotini Pasta w/ Italian Sauce ~Baked Cheesy Breadsticks w/ 4J Italian Sauce Turkey Hot Dog on a WW Bun Mandarin Chicken Salad American Sub Sandwich</p>	<p>14 休校 No School Furlough Day</p>
<p>17 休校 No School Martin Luther King Jr. Day</p>	<p>18 Lunch: Pork Carnitas w/ 4J Beans & Rice ~Baked Cheese Ravioli w/ 4J Marinara Sauce Chicken Patty on Multigrain Bun *Lift Off Salad w/ WW Roll Turkey & Cheese Sandwich on Whole Wheat</p>	<p>19 Lunch: 4J -Freshly Baked Cheese -Or- 4J Pepperoni Pizza w/ Garden Salad Chicken Caesar Salad w/ Roll Tuna Sub Sandwich</p>	<p>20 Lunch: 4J *Rainbow Chili w/Beans -Or- 4J Rainbow Chili w/ Beef Served w/ a Combread Muffin Chicken Parmesan Sandwich Southwestern Taco Salad Veggie Wrap</p>	<p>21 Lunch: Cookie Day Baked Chicken Tenders w/ 4J Rice Pilaf ~Garden Burger on a Multigrain Bun Classic Chef Salad w/ Roll ~Warm Bagel & Cream Cheese with Fresh Fruit Cup</p>
<p>24 Lunch: Teriyaki Beef & Broccoli over 4J Seasoned Brown Rice 4J -Black Bean Tortilla Tower Italian Meatball Sub *Lift Off Salad w/ Roll Turkey & Cheese Sandwich on Whole Wheat</p>	<p>25 Breakfast for Lunch: -French Toast Sticks w/ Sausage Links ~Baked Cheesy Breadsticks w/ 4J Marinara Sauce ~Caesar Salad w/ Roll Crispy Chicken Wrap</p>	<p>26 Lunch: 4J Whole Wheat Spaghetti w/ Italian Sauce & Meatballs Big Daddy Cheese Pizza -Minnie Mouse Salad w/ Roll Ham & Cheese Sandwich on Whole Wheat</p>	<p>27 Lunch: Baked Chicken Nuggets & Mini Baked Potato 4J -Black Bean Quesadilla Classic Chef Salad w/ Roll ~Veggie Sub Sandwich</p>	<p>28 休校 No School Planning Day</p>
<p>休校 No School Furlough Day</p>	<p>Available Daily for Breakfast: Hot and cold variety cereal Franz Mini Bagels & Cream Cheese Fruit & Yogurt Parfait (T, Th) Yogurt w/ Graham Crackers (M, W, F) Lowfat White Milk, Fresh and Chilled Fruits 4J Homemade Item ~Meat less entrée option *Vegan entrée option</p>		<p>Available with all Lunches: Unlimited variety of Fresh and Chilled Fruits and Vegetables provided daily on the rainbow offering bar Choice of Lowfat or Skim Milk Harvest of the Month An Oregon grown item will be featured on our offering bar every Wednesday! This Month's item: Kiwi from Greengables Garden, Philomath</p>	
<p align="center">~This Institution is an equal opportunity provider~ Menu Subject to Change</p>				