








Odyssey at East Sylan - December 2017

Eat Local Brussels Sprouts — December 7

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Local Flavors Hand Rolled Bean and Cheese Burrito  
4 Turkey Hot Dog	5 Featured Sandwich Hummus, String Cheese and Pita 	6 Cheese Ravioli with Marinara 	7 Cheese Pizza 	8 Alaskan Pollock with a Roll
11 Chicken Nuggets	12 Featured Sandwich Hummus, String Cheese and Pita 	13 Hamburger	14 Cheese Pizza 	15 Chicken Sandwich
18 Winter Break Schools Closed	19 Winter Break Schools Closed	20 Winter Break Schools Closed	21 Winter Break Schools Closed	22 Winter Break Schools Closed
25 Winter Break Schools Closed	26 Winter Break Schools Closed	27 Winter Break Schools Closed	28 Winter Break Schools Closed	29 Winter Break Schools Closed

















 Vegetarian option, may contain cheese &/or egg |  Pork | **PB&J and yogurt served every day** 

Lunch includes one entrée, milk and **unlimited fruits and vegetables**. Students **MUST** choose at least ½ cup of fruit or vegetable. Menu is subject to change.

This institution is an equal opportunity provider and employer.

Odyssey at East Sylan - January 2018 Eat Local Root Vegetables — January 11 & 25

















Monday	Tuesday	Wednesday	Thursday	Friday
1 Schools Closed	2 Featured Sandwich Hummus, String Cheese and Pita 	3 Hamburger	4 Cheese Pizza 	5 Chicken Sandwich
8 Turkey Hot Dog	9 Featured Sandwich Hummus, String Cheese and Pita 	10 Pancakes with Turkey Sausage Links Berry Compote 	11 Cheese Pizza 	12 Hand Rolled Bean and Cheese Burrito 
15 Martin Luther King Jr. Day Schools Closed	16 Featured Sandwich Hummus, String Cheese and Pita 	17 Hamburger	18 Cheese Pizza 	19 Alaskan Pollock with a Roll
22 Turkey, Mashed Potatoes, Gravy and a Wheat Roll	23 Featured Sandwich Hummus, String Cheese and Pita 	24 French Toast with Scrambled Eggs 	25 Cheese Pizza 	26 Chicken Sandwich
29 No Class for Students	30 Featured Sandwich Hummus, String Cheese and Pita 	31 Teriyaki Chicken with Brown Rice	 	

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Odyssey at East Sylvan - February 2018

Eat Local Greens — February 8 & 22

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Cheese Pizza 	2 Mozzarella Breadsticks 
5 Three Bean Chili with Tortilla Chips 	6 Featured Sandwich Hummus, String Cheese and Pita 	7 Pancakes with Turkey Sausage Links Berry Compote 	8 Cheese Pizza 	9 Alaskan Pollock with a Roll
12 Chicken Nuggets	13 Featured Sandwich Hummus, String Cheese and Pita 	14 Local Flavors  Mozzarella Breadsticks  Oregon Berry Treat 	15 Cheese Pizza 	16 Chicken Sandwich
19 Presidents' Day Schools Closed	20 Featured Sandwich Hummus, String Cheese and Pita 	21 Pancakes with Turkey Sausage Links Berry Compote 	22 Cheese Pizza 	23 Hand Rolled Bean and Cheese Burrito 
26 Chicken Nuggets	27 Featured Sandwich Hummus, String Cheese and Pita 	28 Hamburger		

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Odyssey at East Sylvan - March 2018

Eat Local Oregon Berries — March 8 & 22

Monday

Tuesday

Wednesday

Thursday

Friday

1

Cheese Pizza 


2 Dr. Seuss' Birthday

Alaskan Pollock with a Roll


5

Turkey, Mashed Potatoes,
Gravy and a Wheat Roll

6

Featured Sandwich
Hummus, String Cheese
and Pita 

7

French Toast with
Scrambled Eggs 

8

Cheese Pizza 


9

Chicken Sandwich

12

Chicken Nuggets

13

Featured Sandwich
Hummus, String Cheese
and Pita 

14

Teriyaki Chicken
with Brown Rice

15

Cheese Pizza 


16

Mozzarella Breadsticks 

19

Chicken Nuggets

20

Featured Sandwich
Hummus, String Cheese
and Pita 

21

Hamburger

22

Cheese Pizza 

23

Chicken Sandwich

26

Spring Break
Schools Closed

27

Spring Break
Schools Closed

28

Spring Break
Schools Closed

29

Spring Break
Schools Closed

30

Spring Break
Schools Closed














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Odyssey at East Sylvan - April 2018

Eat Local Mushrooms — April 12 & 26

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Nuggets	3 Featured Sandwich Hummus, String Cheese and Pita 	4 Hamburger or Cheeseburger	5 Cheese Pizza 	6 Chicken Sandwich
9 Mozzarella Breadsticks 	10 Featured Sandwich Hummus, String Cheese and Pita 	11 Pancakes with Turkey Sausage Links Berry Compote 	12 Cheese Pizza 	13 No Class for Students
16 Chicken Nuggets	17 Featured Sandwich Hummus, String Cheese and Pita 	18 Local Flavors  Grassfed Beef Burger	19 Cheese Pizza 	20 Alaskan Pollock with a Roll
23 Bean and Rice Bowl with Tortilla Chips 	24 Featured Sandwich Hummus, String Cheese and Pita 	25 French Toast with Scrambled Eggs 	26 Cheese Pizza 	27 Chicken Sandwich
30 Chicken Nuggets				

 Vegetarian option, may contain cheese &/or egg |  Pork | **PB&J and yogurt served every day** 

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Odyssey at East Sylvan - May 2018

Eat Local Asparagus — May 10 & 24


Monday

Tuesday

Wednesday


Thursday


Friday


1
Featured Sandwich
Hummus, String Cheese
and Pita 


2
Hamburger

3
Cheese Pizza 

4
Hand Rolled Bean
and Cheese Burrito 

7
Three Bean Chili
with Tortilla Chips 


8
Featured Sandwich
Hummus, String Cheese
and Pita 

9
Pancakes with Turkey
Sausage Links
Berry Compote 

10
Cheese Pizza 

11
Alaskan Pollock with a Roll

14
Chicken Nuggets


15
Featured Sandwich
Hummus, String Cheese
and Pita 


16
Hamburger

17
Cheese Pizza 


18
Green Chile and
Cheese Tamale 

21
Mozzarella Breadsticks 


22
Featured Sandwich
Hummus, String Cheese
and Pita 

23
Pancakes with Turkey
Sausage Links
Berry Compote 

24
Cheese Pizza 

25
Hand Rolled Bean
and Cheese Burrito 

28
Memorial Day
Schools Closed

29
Featured Sandwich
Hummus, String Cheese
and Pita 

30
Cheese Ravioli
with Marinara 

31
Cheese Pizza 

FARM FRESH
HARVEST
OF THE MONTH



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HARVEST
OF THE MONTH

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Odyssey at East Sylvan - June 2018

Celebrate School Gardens in June

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Alaskan Pollock with a Roll
4 Chicken Nuggets	5 Featured Sandwich Hummus, String Cheese and Pita 	6 Hamburger	7 Cheese Pizza 	8 Chicken Sandwich
11	12	13	14	15
Start of Summer Food Service Program. Dial 2-1-1 or visit www.summerfoodoregon.org for locations				
18	19	20	21	22
25	26	27	28	29

 Vegetarian option, may contain cheese &/or egg |  Pork | **PB&J and yogurt served every day** 

Lunch includes one entrée, milk and **unlimited fruits and vegetables**. Students **MUST** choose at least **½ cup of fruit or vegetable**. Menu is subject to change.

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