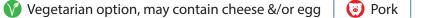
Odyssey at East Sylvan - December 2017 Eat Local Brussels Sprouts — December 7

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











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

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



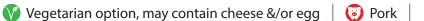




Odyssey at East Sylvan - February 2018

Eat Local Greens — February 8 & 22

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





PB&J and yogurt served every day 👔

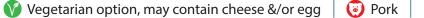


Odyssey at East Sylvan - March 2018

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	Featured Sandwich Hummus, String Cheese and Pita	7 French Toast with Scrambled Eggs (8 Cheese Pizza	9 Chicken Sandwich
12 Chicken Nuggets	Featured Sandwich Hummus, String Cheese and Pita	14 Teriyaki Chicken with Brown Rice	15 Cheese Pizza	16 Mozzarella Breadsticks (
19 Chicken Nuggets	Featured Sandwich Hummus, String Cheese and Pita	21 Hamburger	Cheese Pizza	23 Chicken Sandwich
26 Spring Break Schools Closed	27 Spring Break Schools Closed	28 Spring Break Schools Closed	Spring Break Schools Closed	30 Spring Break Schools Closed











Odyssey at East Sylvan - April 2018

Eat Local Mushrooms — April 12 & 26

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

Chicken Nuggets









Odyssey at East Sylvan - May 2018

Eat Local Asparagus — May 10 & 24

Tuesday	Wednesday	Thursday	Friday
1	2	3	4
Featured Sandwich	Hamburger	Cheese Pizza 🌃	Hand Rolled Bean
Hummus, String Cheese and Pita 🕜			and Cheese Burrito 🅜
8	9	10	11
Featured Sandwich	Pancakes with Turkey	Cheese Pizza 🕜	Alaskan Pollock with a Roll
Hummus, String Cheese			
and Pita	Berry Compote V	TARM FRESH	
15	16	17	18
Featured Sandwich	Hamburger	Cheese Pizza 🕜	Green Chile and
Hummus, String Cheese and Pita 🕜			Cheese Tamale 🕜
22	23	24	25
Featured Sandwich	Pancakes with Turkey	Cheese Pizza 🕜	Hand Rolled Bean
Hummus, String Cheese	_		and Cheese Burrito 🕜
and Pita 🅜	Berry Compote 🕜	FARM COCCU	
29	30	HARVEST BETTER	MONTH
Featured Sandwich	Cheese Ravioli with Marinara 🎷	Cheese Pizza 🕜	
Hummus, String Cheese and Pita		_	
	Featured Sandwich Hummus, String Cheese and Pita 8 Featured Sandwich Hummus, String Cheese and Pita 15 Featured Sandwich Hummus, String Cheese and Pita 22 Featured Sandwich Hummus, String Cheese and Pita 7 Featured Sandwich Hummus, String Cheese and Pita 7 Featured Sandwich Hummus, String Cheese	Featured Sandwich Hummus, String Cheese and Pita Featured Sandwich Hummus, String Cheese To hamburger To ham	Teatured Sandwich Hummus, String Cheese and Pita 8 Featured Sandwich Hummus, String Cheese and Pita Pancakes with Turkey Sausage Links Berry Compote 15 Featured Sandwich Hummus, String Cheese and Pita 16 Hamburger 17 Cheese Pizza Cheese Pizza Cheese Pizza Cheese Pizza And Pita The satured Sandwich Hummus, String Cheese and Pita Pancakes with Turkey Sausage Links Berry Compote Sausage Links Berry Compote Cheese Pizza Cheese Pizza The satured Sandwich Hummus, String Cheese And Pita Cheese Pizza Cheese Pizza The satured Sandwich Hummus, String Cheese And Pita Cheese Pizza The satured Sandwich Hummus, String Cheese And Pita Cheese Pizza The satured Sandwich Hummus, String Cheese And Pita Cheese Ravioli With Marinara The satured Sandwich With Marinara Th





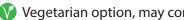


Lunch includes one entrée, milk and unlimited fruits and vegetables. Students MUST choose at least ½ cup of fruit or vegetable. Menu is subject to change. This institution is an equal opportunity provider and employer.

Odyssey at East Sylvan - June 2018

Celebrate School Gardens in June

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





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

