

Summit-Atlas

FEATURE OF THE MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit Lunch: (DF) Turkey Hot Dog, fresh fruit, Frozen Diced Carrots Alt. Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, Frozen Diced Carrots	Breakfast: Cheddar Stick 0.75oz, WG Strawberry Poptart, fresh fruit Lunch: (<i>DF</i>) Breaded Chicken Breast Sandwich, fresh fruit, and veggles Alt. Lunch: (<i>GF Filling, V, DF</i>) Soft Taco w/ Pinto Beans, fresh fruit, and veggles
Breakfast: Frosted Flakes Cereal Bowl - 1oz, String Cheese, fresh fruit Lunch: (<i>DF</i>) Orange Chicken and Rice, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (<i>V</i>) Traditional Pizza Bagel, fresh fruit, and veggies	Breakfast: Cheddar Stick 0.75oz, WG Muffin, fresh fruit Lunch: Fish Sticks, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies	Breakfast: String Cheese, WG Strawberry Poptart, fresh fruit Lunch: (<i>DF</i>) Chicken Corn Dog Bites, fresh fruit, and veggies Alt. Lunch: Waffle Lunch, fresh fruit, Maple Syrup Cup, and veggies	Breakfast: 9 Cheddar Stick 0.75oz, Golden Grahams Cereal Bowl- 1oz, fresh fruit Lunch: Chicken Pot Pie, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V) Vegetarian Pot Pie, Whole Wheat Roll, fresh fruit, and veggies
Breakfast: Apple Cinnamon Cheerios Bowl, String Cheese, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V) Pancake Lunch, fresh fruit, Maple Syrup Cup, and veggles	Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit Lunch: Cheeseburger, fresh fruit, and veggies Alt. Lunch: Cheesy Quesadilla (Tray), fresh fruit, fresh fruit	Breakfast: 14 WG Muffin, String Cheese, fresh fruit Lunch: (<i>DF</i>) Whole Grain Chicken Corn Dog, fresh fruit, and veggies Alt. Lunch: (<i>V</i>) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies	Breakfast: Cheddar Stick 0.75oz, Cinnamon Chex Bowl, fresh fruit Lunch: Taco Salad, Frito Chip 2 oz Packs, fresh fruit Alt. Lunch: (<i>GF Filling, V, DF</i>) Soft Taco w/ Pinto Beans, fresh fruit, and veggies	Breakfast: Mhole Wheat Bagel, Cream Cheese, fresh fruit Lunch: (DF) Popcorn Chicken, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V) Cheesy Beans and Rice, fresh fruit, and veggies
Lunch: No School	Lunch: No School	Lunch: No School	Lunch: 22 No School	Lunch: 23 No School
Breakfast: Golden Grahams Cereal Bowl- 1oz, 26 String Cheese, fresh fruit Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies Alt. Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies	Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit Lunch: (DF) Chicken Corn Dog Bites, fresh fruit, and veggies Alt. Lunch: (V) Breakfast Burrito, fresh fruit, and veggies	Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit Lunch: Taco Salad, Frito Chip 2 oz Packs, fresh fruit Alt. Lunch: Cheesy Quesadilla (Tray), fresh fruit, and veggies	Breakfast: Cheddar Stick 0.75oz, WG Muffin, fresh fruit Lunch: Chicken Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (/) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies	

DF - Dairy Free

GF - Gluten Free

V - Vegeta

ALL MEALS ARE SERVED WITH FRESH FRUITS AND ALL MEALS ARE SERVED WITH A HARIFATH P.