



Summit-Atlas

FEATURE OF THE MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Breakfast: String Cheese, WG Strawberry Poptart, fresh fruit
				Lunch: Fish Sticks, Whole Wheat Roll, fresh fruit, and veggies
				Alt. Lunch: (<i>V</i> , <i>GF</i>) Caesar Salad with Chickpeas, Whole Wheat Roll, fresh fruit, and veggies
Breakfast: String Cheese, Cinnamon Chex Bowl, fresh fruit	Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit	Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit	Breakfast: String Cheese, WG Strawberry Poptart, fresh fruit	Breakfast: WG Muffin, Cheddar Stick 0.75oz, fresh fruit
Lunch: Chicken Quesadilla (Tray), fresh fruit, and veggies	Lunch: (<i>DF</i>) Popcorn Chicken, Whole Wheat Roll, fresh fruit, and veggies	Lunch: (<i>DF</i>) Whole Grain Chicken Corn Dog, fresh fruit, Frozen Diced Carrots	Lunch: (<i>DF</i>) Whole Grain Chicken Corn Dog, fresh fruit, and veggies	Lunch: Chicken Caesar Salad, Whole Wheat Roll, fresh fruit
Alt. Lunch: Cheesy Quesadilla (Tray), fresh fruit, and veggies	Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	Alt. Lunch: (V) French Toast Stick Lunch, fresh fruit, Maple Syrup Cup, Frozen Diced Carrots	Alt. Lunch: Cheesy Quesadilla (Tray), fresh fruit, and veggies	Alt. Lunch: (V, <i>GF</i>) Caesar Salad with Chickpeas, Whole Wheat Roll, fresh fruit
Breakfast: 11	Breakfast: 12	Breakfast: 13	14	15
String Cheese, Frosted Flakes Cereal Bowl - 1oz, fresh fruit	Whole Wheat Bagel, Cream Cheese, fresh fruit	Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit	Lunch: 14 No School	Lunch: I J No School
Lunch: Chicken Pot Pie, Whole Wheat Roll, fresh fruit, and veggies, and veggies	Lunch: (<i>DF</i>) Chicken Corn Dog Bites, fresh fruit, and veggies, and veggies	Lunch: Chicken Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies		
Alt. Lunch: (V) Vegetarian Pot Pie, Whole Wheat Roll, fresh fruit, and veggies, and veggies	Alt. Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies, and veggies	Alt. Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies		
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Breakfast: 18 String Cheese, Cinnamon Chex Bowl, fresh fruit	Breakfast: 19 WG Muffin, Cheddar Stick 0.75oz, fresh fruit	Breakfast: 20 Cheddar Stick 0.75oz, WG Strawberry Poptart, fresh fruit	Breakfast: 21 Whole Wheat Bagel, Cream Cheese, fresh fruit	Breakfast: String Cheese, Apple Cinnamon Cheerios Bowl, fresh fruit
Lunch: Fish Sticks, Whole Wheat Roll, fresh fruit, and veggies	Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	Lunch: (<i>DF</i>) Whole Grain Chicken Corn Dog, fresh fruit, and veggies	Lunch: Chicken Caesar Salad, Whole Wheat Roll, fresh fruit
Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies		Alt. Lunch: (V) Pancake Lunch, fresh fruit, Maple Syrup Cup, and veggies	Alt. Lunch: Cheesy Quesadilla (Tray), fresh fruit, and veggies	Alt. Lunch: (<i>V</i> , <i>GF</i>) Caesar Salad with Chickpeas, Whole Wheat Roll, fresh fruit
Breakfast: String Cheese, Golden Grahams Cereal Bowl- 1oz, fresh fruit	Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit	Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (<i>GF</i> , <i>DF</i>)	Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit	Breakfast: 29 Cheddar Stick 0.75oz, WG Strawberry Poptart, fresh fruit
Lunch: Chicken Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies	Lunch: Taco Salad, Frito Chip 2 oz Packs, fresh fruit	Meaty Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies	Lunch: (<i>DF</i>) Turkey Hot Dog, fresh fruit, Frozen Diced Carrots	Lunch: (<i>DF</i>) Breaded Chicken Breast Sandwich, fresh fruit, and veggies
Alt. Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies	Alt. Lunch: Cheesy Quesadilla (Tray), fresh fruit, and veggies	Alt. Lunch: (V) Cheesy Beans and Rice, Frito Chip 1oz Packs, fresh fruit, and veggies	Alt. Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, Frozen Diced Carrots	Alt. Lunch: (<i>GF Filling</i> , V, <i>DF</i>) Soft Taco w/ Pinto Beans, fresh fruit, and veggies
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DF - Dairy Free