



Summit Public Schools

FEATURE OF THE MONTH

Umpqua Dairy

Umpqua Dairy is the largest family owned dairy in southern Oregon. They receive fresh milk from family farms located in Oregon and SW Washington. These farmers take pride in keeping their animals healthy. The family farms have made a commitment to customers by producing milk that comes from cows not treated with rBST/rBGH*.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1 Breakfast: String Cheese, WG Muffin, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies Week 1		2 Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: Corndog Bites, fresh fruit, and veggies		3 Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, IQF Diced Carrots		4 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V, GF, DF) Hearty Chili, WG Chip Packs, fresh fruit, fresh fruit	
7 Lunch: No School Week 2		8 Breakfast: String Cheese, WG Muffin, fresh fruit Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies		9 Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies		10 Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies		11 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V) Bean and Cheese Burrito, fresh fruit, fresh fruit	
14 Breakfast: Honey Scooters 2oz, fresh fruit Lunch: Chicken Stuffing & Gravy, fresh fruit, and veggies Week 3		15 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V, DF) Hearty Spaghetti, Whole Wheat Roll, fresh fruit, and veggies		16 Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: (V, GF, DF) Egg Fried Rice, fresh fruit, and veggies		17 Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, IQF Diced Carrots		18 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V, GF, DF) Hearty Chili, WG Chip Packs, fresh fruit, fresh fruit	
21 Breakfast: Honey Scooters 2oz, fresh fruit Lunch: (V, DF) Teriyaki Black Bean & Rice, fresh fruit, and veggies Week 4		22 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies		23 Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: Chicken Quesadilla with Refried Beans, fresh fruit, and veggies		24 Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, IQF Diced Carrots		25 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V) Cheesy Beans and Rice, fresh fruit, fresh fruit	
28 Breakfast: Honey Scooters 2oz, fresh fruit Lunch: Somalian Chicken & Rice, fresh fruit, and veggies Week 5		29 Breakfast: String Cheese, WG Muffin, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies		30 Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: Corndog Bites, fresh fruit, and veggies					

DF - Dairy Free

GF - Gluten Free

V - Vegetarian

ALL MEALS ARE SERVED WITH FRESH FRUITS AND VEGETABLES
 ALL MEALS ARE SERVED WITH A VARIETY OF MILK

Summit is an equal opportunity provider.