



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: Honey Graham Toasters 2oz, fresh fruit Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, Meal Kit Salad	2 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V, GF, DF) Hearty Chili, WG Chip Packs, fresh fruit, Meal Kit Salad
5 Breakfast: Honey Scooters 2oz, fresh fruit Lunch: Chicken Bites, fresh fruit, and veggies, Week 1	6 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, fresh fruit, and veggies,	7 Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit Lunch: (DF) Teriyaki Chicken & Rice, fresh fruit, and veggies	8 Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	9 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: Bangers & Mash, Whole Wheat Roll, fresh fruit, and veggies
12 Breakfast: Honey Scooters 2oz, fresh fruit Lunch: Chicken Stuffing & Gravy, fresh fruit, and Meal Kit Salad Week 2	13 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V) Hearty Spaghetti, Whole Wheat Roll, fresh fruit, and Meal Kit Salad	14 Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit Lunch: (DF) Pancake & Sausage, fresh fruit, and Meal Kit Salad	15 Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and Meal Kit Salad	16 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V, GF, DF) Hearty Chili, WG Chip Packs, fresh fruit, and Meal Kit Salad
19 Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: (V, DF) Teriyaki Black Beans & Rice, Whole Wheat Roll, fresh fruit, and veggies Week 3	20 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies	21 Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit Lunch: Bangers & Mash, Whole Wheat Roll, fresh fruit, and veggies	22 Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: Chicken Bites, fresh fruit, and veggies	23 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V) Sunflower and Jelly Sandwich WG Chip Packs, fresh fruit, and veggies
26 Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: (V) Hearty Spaghetti, fresh fruit, and Meal Kit Salad Week 4	27 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and Meal Kit Salad	28 Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit Lunch: Corn Dog Bites, fresh fruit, and Meal Kit Salad	29 Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and Meal Kit Salad	30 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (DF) Chicken Bites, fresh fruit, and Meal Kit Salad

DF - Dairy Free GF - Gluten Free V - Vegetarian

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

The USDA is a equal opportunity providers.