



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 | |
|---|-----------|--|-----------|--|-----------|---|-----------|---|-----------|
| Breakfast: Honey Scooters 2oz, fresh fruit | 31 | Breakfast: WG Muffin, String Cheese, fresh fruit | 1 | Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit | 2 | Breakfast: Honey Graham Toasters 2oz, fresh fruit | 3 | Breakfast: WG Muffin, String Cheese, fresh fruit | 4 |
| Lunch: (V) Traditional Pizza Bagel, Fresh fruit, and veggies | | Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies | | Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies | | Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies | | Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies | |
| Breakfast: Honey Scooters 2oz, fresh fruit | 7 | Breakfast: WG Muffin, String Cheese, fresh fruit | 8 | Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit | 9 | Breakfast: Honey Graham Toasters 2oz, fresh fruit | 10 | Breakfast: WG Muffin, String Cheese, fresh fruit | 11 |
| Lunch: Chicken Stuffing & Gravy, Whole Wheat Roll, fresh fruit, and veggies | | Lunch: (DF) Meaty Spaghetti, Whole Wheat Roll, fresh fruit, and veggies | | Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies | | Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies | | Lunch: (V, GF, DF) Hearty Chili, WG Chip Packs, fresh fruit, and veggies | |
| Breakfast: Honey Scooters 2oz, fresh fruit | 14 | Breakfast: String Cheese, WG Muffin, fresh fruit | 15 | Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit | 16 | Breakfast: Honey Graham Toasters 2oz, fresh fruit | 17 | Breakfast: String Cheese, WG Muffin, fresh fruit | 18 |
| Lunch: Somalian Chicken & Rice, Whole Wheat Roll, fresh fruit, and veggies | | Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies | | Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies | | Lunch: (DF) Chicken Bites, fresh fruit, and veggies | | Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies | |
| Breakfast: Honey Scooters 2oz, fresh fruit | 21 | Breakfast: String Cheese, WG Muffin, fresh fruit | 22 | Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit | 23 | Breakfast: Honey Graham Toasters 2oz, fresh fruit | 24 | Breakfast: WG Muffin, String Cheese, fresh fruit | 25 |
| Alt. Lunch: (V) Cheesy Beans and Rice, WG Chip Packs, fresh fruit, and veggies | | Lunch: Biscuits and Gravy, fresh fruit, and veggies | | Lunch: Corn Dog Bites, fresh fruit, and veggies | | Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies | | Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies | |
| Breakfast: Honey Scooters 2oz, fresh fruit | 28 | Breakfast: String Cheese, WG Muffin, fresh fruit | 29 | Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit | 30 | Breakfast: Honey Graham Toasters 2oz, fresh fruit | 31 | Breakfast: WG Muffin, String Cheese, fresh fruit | 1 |
| Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies | | Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies | | Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies | | Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies | | Lunch: (DF) Chicken Bites, Whole Wheat Roll, 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

Rainier Prep is an equal opportunity provider.