



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