



# Summit-Olympus High School

## 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	<b>1</b>	Breakfast: String Cheese, WG Muffin, fresh fruit	<b>2</b>	Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit	<b>3</b>	Breakfast: Honey Graham Toasters 2oz, fresh fruit	<b>4</b>	Breakfast: String Cheese, WG Muffin, fresh fruit	<b>5</b>
Lunch: Somalian Chicken & Rice, 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: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies		Lunch: (GF, DF) Meaty Chili, Whole Wheat Roll, fresh fruit, and veggies	
Alt. Lunch: Cheesy Quesadilla, Whole Wheat Roll, fresh fruit, and veggies		Alt. Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies		Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies		Alt. Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies		Alt. Lunch: (V, GF, DF) Hearty Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies	
Breakfast: Honey Scooters 2oz, fresh fruit	<b>8</b>	Breakfast: WG Muffin, String Cheese, fresh fruit	<b>9</b>	Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit	<b>10</b>	Breakfast: Honey Graham Toasters 2oz, fresh fruit	<b>11</b>	Breakfast: WG Muffin, String Cheese, fresh fruit	<b>12</b>
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) Bean and Cheese Burrito, fresh fruit, and veggies		Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	
Alt. Lunch: (V, GF, DF) Egg Fried Rice, Whole Wheat Roll, fresh fruit, and veggies		Alt. Lunch: (V, DF) Hearty Spaghetti, Whole Wheat Roll, fresh fruit, and veggies		Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies		Alt. Lunch: (V) Bean and Cheese Burrito, Frito Chip 2 oz Packs, fresh fruit, and veggies		Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	
Breakfast: Honey Scooters 2oz, fresh fruit	<b>15</b>	Breakfast: WG Muffin, String Cheese, fresh fruit	<b>16</b>	Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit	<b>17</b>	Breakfast: Honey Graham Toasters 2oz, fresh fruit	<b>18</b>	Breakfast: String Cheese, WG Muffin, fresh fruit	<b>19</b>
Lunch: Corn Dog Bites, Whole Wheat Roll, fresh fruit, and veggies		Lunch: Biscuits and Gravy, fresh fruit, and veggies		Lunch: (DF) Teriyaki Chicken with Rice, Whole Wheat Roll, 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	
Alt. Lunch: Cheesy Quesadilla, fresh fruit, and veggies		Alt. Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies		Alt. Lunch: (V, DF) Teriyaki Black Bean & Rice, Whole Wheat Roll, fresh fruit, and veggies		Alt. Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies		Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	
Breakfast: Honey Scooters 2oz, fresh fruit	<b>22</b>	Breakfast: WG Muffin, String Cheese, fresh fruit	<b>23</b>	Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit	<b>24</b>	Breakfast: Honey Graham Toasters 2oz, fresh fruit	<b>25</b>	Breakfast: String Cheese, WG Muffin, fresh fruit	<b>26</b>
Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies		Lunch: (DF) Meaty Spaghetti, Whole Wheat Roll, fresh fruit, and veggies		Lunch: Chicken Stuffing & Gravy, Whole Wheat Roll, fresh fruit, and veggies		Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies		Lunch: (V) Cheesy Beans and Rice, Frito Chip 2 oz Packs, fresh fruit, and veggies	
Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies		Alt. Lunch: (V, DF) Hearty Spaghetti, Whole Wheat Roll, fresh fruit, and veggies		Alt. Lunch: (V, GF, DF) Egg Fried Rice, Whole Wheat Roll, fresh fruit, and veggies		Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies		Alt. Lunch: (V) Cheesy Beans and Rice, Frito Chip 2 oz Packs, 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

The USDA and Summit are equal opportunity providers.