



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