



Meal Box- Vegetarian

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
<p>1</p> <p>Breakfast: WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: (V) Rolled Enchiladas, fresh fruit, and veggies</p>	<p>2</p> <p>Breakfast: WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>3</p> <p>Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p>	<p>4</p> <p>Breakfast: Honey Graham Toasters 2oz, fresh fruit</p> <p>Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>5</p> <p>Breakfast: WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: (V) Hearty Chili, Whole Wheat Roll, fresh fruit, and veggies</p>
<p>8</p> <p>Breakfast: Honey Scooters 2oz, fresh fruit</p> <p>Lunch: (V) Egg Fried Rice, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>9</p> <p>Breakfast: WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: (V) Hearty Spaghetti, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>10</p> <p>Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p>	<p>11</p> <p>Breakfast: Honey Graham Toasters 2oz, fresh fruit</p> <p>Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies</p>	<p>12</p> <p>Breakfast: WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p>
<p>15</p> <p>Breakfast: WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: (V) Cheesy Quesadilla, fresh fruit, and veggies</p>	<p>16</p> <p>Breakfast: WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>17</p> <p>Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit</p> <p>Lunch: (V) Teriyaki Black Bean with Rice, fresh fruit, and veggies</p>	<p>18</p> <p>Breakfast: Honey Graham Toasters 2oz, fresh fruit</p> <p>Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>19</p> <p>Breakfast: WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p>
<p>22</p> <p>Breakfast: Honey Scooters 2oz, fresh fruit</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p>	<p>23</p> <p>Breakfast: WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: (V) Hearty Spaghetti, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>24</p> <p>Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit</p> <p>Lunch: (V) Cheesy Quesadilla, fresh fruit, and veggies</p>	<p>25</p> <p>Breakfast: Honey Graham Toasters 2oz, fresh fruit</p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>26</p> <p>Breakfast: WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: (V) Cheesy Beans and Rice, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>
<p>29</p> <p>Breakfast: Honey Scooters 2oz, fresh fruit</p> <p>Lunch: (V) Egg Fried Rice, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>30</p> <p>Breakfast: WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>31</p> <p>Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p>	<p>1</p> <p>Breakfast: Honey Graham Toasters 2oz, fresh fruit</p> <p>Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>2</p> <p>Breakfast: WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: (V) Hearty Chili, Whole Wheat Roll, fresh fruit, and veggies</p>

DF - Dairy Free

GF - Gluten Free

V - Vegetarian

ALL MEALS ARE SERVED WITH FRESH FRUITS AND VEGETABLES
ALL MEALS ARE SERVED WITH 1% Milk

The USDA is a equal opportunity providers