



Summit-Sierra 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 Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	3	Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: Turkey Cheddar Lettuce Tomato , fresh fruit, and veggies	4	Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit Lunch: Chicken Salad Sandwich, fresh fruit, and veggies	5	Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	6	Breakfast: String Cheese, WG Muffin, fresh fruit Lunch: Turkey Provolone Lettuce Tomato, Whole Wheat Roll, fresh fruit, and veggies	7
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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.