



# Summit-Atlas Middle/High School

## FEATURE OF THE MONTH

### E.Z. Orchards

E.Z. Orchards and farm market are located on the outskirts of Salem and in the heart of the Willamette Valley. The Zielinski family owns and operates the farm that was established in 1929. Fresh n' Local Foods has a wonderful partnership with E.Z. Orchards and they provide us with beautiful, delicious, locally grown apples and pears!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Breakfast: WG Muffin, String Cheese, fresh fruit  Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies Breakfast: String Cheese, WG Muffin, fresh fruit  Alt. Lunch: Turkey Cheddar Lettuce Tomato , fresh fruit, and veggies	<b>2</b> Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit  Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit  Alt. Lunch:	<b>3</b> Breakfast: Honey Graham Toasters 2oz, fresh fruit  Lunch: (V) Rolled Enchiladas Rojas, fresh fruit, and veggies Breakfast: Honey Graham Toasters 2oz, fresh fruit  Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	<b>4</b> Breakfast: WG Muffin, String Cheese, fresh fruit  Lunch: (DF) Teriyaki Chicken with Rice, Whole Wheat Roll, fresh fruit, and veggies Breakfast: String Cheese, WG Muffin, fresh fruit  Alt. Lunch: Turkey Provolone Lettuce Tomato, fresh fruit, and veggies
<b>7</b> Breakfast: Honey Scooters 2oz, fresh fruit  Lunch: (DF) Chicken Bites, fresh fruit, and veggies Breakfast: Honey Scooters 2oz, fresh fruit  Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, 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 Breakfast: String Cheese, WG Muffin, fresh fruit  Alt. Lunch: Turkey Cheddar Lettuce Tomato , fresh fruit, and veggies	<b>9</b> Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit  Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit  Alt. Lunch: Chicken Salad Sandwich, fresh fruit, and veggies	<b>10</b> Breakfast: Honey Graham Toasters 2oz, fresh fruit  Lunch: Somalian Chicken & Rice, Whole Wheat Roll, fresh fruit, and veggies Breakfast: Honey Graham Toasters 2oz, fresh fruit  Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	<b>11</b> Breakfast: WG Muffin, String Cheese, fresh fruit  Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies Breakfast: String Cheese, WG Muffin, fresh fruit  Alt. Lunch: Turkey Provolone Lettuce Tomato, fresh fruit, and veggies
<b>14</b> Breakfast: Honey Scooters 2oz, fresh fruit  Lunch: Chicken Quesadilla, fresh fruit, and veggies Breakfast: Honey Scooters 2oz, fresh fruit  Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	<b>15</b> Breakfast: WG Muffin, String Cheese, fresh fruit  Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies Breakfast: WG Muffin, String Cheese, fresh fruit  Alt. Lunch: Turkey Cheddar Lettuce Tomato , fresh fruit, and veggies	<b>16</b> Lunch: No School	<b>17</b>	<b>18</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>28</b>	<b>29</b>	<b>30</b>		

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.