



Summit-Sierra 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
	1 Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: Chicken Salad Sandwich, fresh fruit, and veggies	2 Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	3 Breakfast: String Cheese, WG Muffin, fresh fruit Lunch: Turkey Provolone Lettuce Tomato, fresh fruit, and veggies	4 Breakfast: String Cheese, WG Muffin, fresh fruit Lunch: Turkey Provolone Lettuce Tomato, fresh fruit, and veggies
7 Breakfast: Honey Scooters 2oz, fresh fruit Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	8 Breakfast: String Cheese, WG Muffin, fresh fruit Lunch: Turkey Cheddar Lettuce Tomato , fresh fruit, and veggies	9 Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: Chicken Salad Sandwich, fresh fruit, and veggies	10 Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	11 Breakfast: String Cheese, WG Muffin, fresh fruit Lunch: Turkey Provolone Lettuce Tomato, fresh fruit, and veggies
14 Breakfast: Honey Scooters 2oz, fresh fruit Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	15 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: Turkey Cheddar Lettuce Tomato , fresh fruit, and veggies	16 Lunch: No School	17	18
21	22	23	24	25
28	29	30		

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.