



Summit Public Schools

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		
	2		3		4		5		6	
	9		10		11		12		13	
	16	Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit Lunch: Chicken Stuffing & Gravy, fresh fruit, and veggies Alt. Lunch: (V) Mac and Cheese, fresh fruit, and veggies	17	Breakfast: Yoplait Raspberry Yogurt, WG Muffin, fresh fruit Lunch: Biscuits and Gravy, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Hearty Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies	18	Breakfast: WG Pancake, String Cheese, Blackberry Fruit Spread, fresh fruit Lunch: Chicken Pasta Alfredo, WG Garlic Bread, fresh fruit, and veggies Alt. Lunch: (V) Pasta Alfredo, WG Garlic Bread, fresh fruit, and veggies	19	Breakfast: Cheddar Cheese Stick, WG Muffin, fresh fruit Lunch: (DF) Chicken Bites, fresh fruit, and veggies Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	20	
Breakfast: Hardboiled Egg, Honey Scooters 2oz, fresh fruit Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies	23	Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies Alt. Lunch: (V, DF) Teriyaki Black Bean & Rice, fresh fruit, and veggies	24	Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit Lunch: Cheesy Quesadilla, fresh fruit, and veggies	25	Breakfast: Honey Graham Toasters 2oz, Cheddar Cheese Stick, fresh fruit Lunch: (GF Filling, DF) Soft Chicken Tacos, fresh fruit, and veggies Alt. Lunch: (GF Filling, V, DF) Soft Taco w/ Pinto Beans, fresh fruit, and veggies	26	Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: Corn Dog Bites, fresh fruit, and veggies Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	27	
Breakfast: Hardboiled Egg, Honey Scooters 2oz, fresh fruit Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, and veggies Alt. Lunch: (V, DF) Hearty Spaghetti, WG Garlic Bread, fresh fruit, and veggies	30	Breakfast: WG Pancake, String Cheese, fresh fruit, Blackberry Fruit Spread Lunch: Somalian Chicken & Rice, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Egg Fried Rice, fresh fruit, and veggies	31							

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.