### October 2021

#### Summit-Atlas Middle/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*. 

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| **Breakfast:**
  - Yogurt Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit
  - Lunch: (V)
    - Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies | **Breakfast:**
  - String Cheese, Honey Graham Toasters 2oz, fresh fruit
  - Lunch: (V, GF, DF)
    - DF Mexican Bean & Rice Bowl, fresh fruit, and veggies | **Breakfast:**
  - WG Muffin, String Cheese, fresh fruit
  - Lunch: Turkey Cheddar Lettuce Wraps, fresh fruit, and veggies
  - Alt. Lunch: (V)
    - Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies | **Breakfast:**
  - Honey Scooters 2oz, Healthy Egg, fresh fruit
  - Lunch: (DF)
    - Mozzarella Pizza, WG Garlic Bread, fresh fruit, and veggies | **Breakfast:**
  - String Cheese, WG Muffin, fresh fruit
  - Lunch: (GF)
    - Broccoli Chicken Breast Sandwich, fresh fruit, and veggies, and veggies
  - Alt. Lunch: (V)
    - Traditional Pizza Bagel, fresh fruit, and veggies |
| **Breakfast:**
  - Hardboiled Egg, WG Muffin, fresh fruit
  - Lunch: (V)
    - Cheesy Beans and Rice, fresh fruit, and veggies | **Breakfast:**
  - Yogurt Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit
  - Lunch: (GF)
    - Tenyaki Chicken with Rice, fresh fruit, and veggies
  - Alt. Lunch: (V, DF)
    - Tenyaki Black Bean & Rice, fresh fruit, and veggies | **Breakfast:**
  - Honey Scooters 2oz, String Cheese, fresh fruit
  - Lunch: Chicken Pasta Alfredo, WG Garlic Bread, fresh fruit, and veggies
  - Alt. Lunch: (V)
    - Mozzarella Pizza, WG Garlic Bread, fresh fruit, and veggies | **Breakfast:**
  - Cheddar Cheese Stick, WG Muffin, fresh fruit
  - Lunch: (DF)
    - Chicken Bites, fresh fruit, and veggies, and veggies
  - Alt. Lunch: (V)
    - Traditional Pizza Bagel, fresh fruit, and veggies |
| **Breakfast:**
  - Handboiled Egg, Honey Scooters 2oz, fresh fruit
  - Lunch: (V)
    - Bean and Cheese Burrito, fresh fruit, and veggies | **Breakfast:**
  - Cinnamon Granola Pack, Yogurt Raspberry Yogurt, fresh fruit
  - Lunch: (GF)
    - Tenyaki Chicken with Rice, fresh fruit, and veggies
  - Alt. Lunch: (V, DF)
    - Tenyaki Black Bean & Rice, fresh fruit, and veggies | **Breakfast:**
  - Healthy Graham Toasters 2oz, Cheddar Cheese Stick, fresh fruit
  - Lunch: (DF)
    - Soft Chicken Tacos, fresh fruit, and veggies
  - Alt. Lunch: (V)
    - French Fries, (V, DF)
    - Soft Taco w/ Pinto Beans, fresh fruit, and veggies | **Breakfast:**
  - WG Muffin, String Cheese, fresh fruit
  - Lunch: (DF)
    - Corn Dog Bites, fresh fruit, and veggies, and veggies
  - Alt. Lunch: (V)
    - Traditional Pizza Bagel, fresh fruit, and veggies |
| **Breakfast:**
  - Handboiled Egg, Honey Scooters 2oz, fresh fruit
  - Lunch: (GF)
    - Meaty Spaghetti, WG Garlic Bread, fresh fruit, and veggies
  - Alt. Lunch: (V, DF)
    - Hearty Spaghetti, WG Garlic Bread, fresh fruit, and veggies | **Breakfast:**
  - Yogurt Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit
  - Lunch: Turkey Cheddar Lettuce Wraps, fresh fruit, and veggies
  - Alt. Lunch: (V, GF, DF)
    - Egg Fried Rice, fresh fruit, and veggies | **Breakfast:**
  - Healthy Graham Toasters 2oz, Cheddar Cheese Stick, fresh fruit
  - Lunch: Turkey Hot Dog, fresh fruit, and veggies
  - Alt. Lunch: (V)
    - Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies | **Breakfast:**
  - WG Muffin, String Cheese, fresh fruit
  - Lunch: (DF)
    - Broccoli Chicken Breast Sandwich, fresh fruit, and veggies, and veggies
  - Alt. Lunch: (V)
    - Traditional Pizza Bagel, fresh fruit, and veggies |

**DF** - Dairy Free  **GF** - Gluten Free  **V** - Vegetarian

**ALL MEALS ARE SERVED WITH FRESH FRUITS AND VEGETABLES**

**The USDA and Summit are equal opportunity providers.**