



Summit-Olympus 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
				<p>Breakfast: WG Muffin, String Cheese, fresh fruit 1</p> <p>Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p>
<p>Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit 4</p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>Breakfast: String Cheese, Honey Graham Toasters 2oz, fresh fruit 5</p> <p>Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl, fresh fruit, and veggies</p>	<p>Breakfast: WG Muffin, String Cheese, fresh fruit 6</p> <p>Lunch: Turkey Cheddar Lettuce Tomato, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies</p>	<p>Breakfast: Honey Scooters 2oz, Hardboiled Egg, fresh fruit 7</p> <p>Lunch: (V) Mozzarella Pasta Bake, WG Garlic Bread, fresh fruit, and veggies</p>	<p>Breakfast: WG Muffin, String Cheese, fresh fruit 8</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p>
<p>Lunch: No School 11</p>	<p>Breakfast: Hardboiled Egg, WG Muffin, fresh fruit 12</p> <p>Lunch: (V) Cheesy Beans and Rice, fresh fruit, and veggies</p>	<p>Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit 13</p> <p>Lunch: Turkey Provolone Lettuce Tomato, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies</p>	<p>Breakfast: Honey Scooters 2oz, String Cheese, fresh fruit 14</p> <p>Lunch: Chicken Pasta Alfredo, WG Garlic Bread, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Pasta Alfredo, WG Garlic Bread, fresh fruit, and veggies</p>	<p>Breakfast: Cheddar Cheese Stick, WG Muffin, fresh fruit 15</p> <p>Lunch: (DF) Chicken Bites, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p>
<p>Breakfast: Hardboiled Egg, Honey Scooters 2oz, fresh fruit 18</p> <p>Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies</p>	<p>Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit 19</p> <p>Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, DF) Teriyaki Black Bean & Rice, fresh fruit, and veggies</p>	<p>Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit 20</p> <p>Lunch: Turkey Cheddar Lettuce Tomato, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies</p>	<p>Breakfast: Honey Graham Toasters 2oz, Cheddar Cheese Stick, fresh fruit 21</p> <p>Lunch: (GF Filling, DF) Soft Chicken Tacos, fresh fruit, and veggies</p> <p>Alt. Lunch: (GF Filling, V, DF) Soft Taco w/ Pinto Beans, fresh fruit, and veggies</p>	<p>Breakfast: WG Muffin, String Cheese, fresh fruit 22</p> <p>Lunch: Corn Dog Bites, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p>
<p>Breakfast: Hardboiled Egg, Honey Scooters 2oz, fresh fruit 25</p> <p>Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, DF) Hearty Spaghetti, WG Garlic Bread, fresh fruit, and veggies</p>	<p>Breakfast: WG Muffin, String Cheese, fresh fruit 26</p> <p>Lunch: Somali Chicken & Rice, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Egg Fried Rice, fresh fruit, and veggies</p>	<p>Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit 27</p> <p>Lunch: Turkey Provolone Lettuce Tomato, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies</p>	<p>Breakfast: Honey Graham Toasters 2oz, Cheddar Cheese Stick, fresh fruit 28</p> <p>Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>Breakfast: WG Muffin, String Cheese, fresh fruit 29</p> <p>Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p>

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.