



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*.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Breakfast: Hardboiled Egg, GF WH Honey Nut Cereal , fresh fruit	1	Breakfast: WG Muffin, String Cheese, fresh fruit	2	Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit	3	Breakfast: GF WG Original Cheerios , Cheddar Cheese Stick, fresh fruit	4	Breakfast: WG Muffin, String Cheese, fresh fruit	5
Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies, and veggies		Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl, fresh fruit, and veggies		Lunch: Turkey Cheddar Lettuce Tomato , fresh fruit, and veggies		Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, and veggies		Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	
				Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies		Alt. Lunch: (V, DF) Hearty Spaghetti, WG Garlic Bread, fresh fruit, and veggies			
Breakfast: Hardboiled Egg, GF WH Honey Nut Cereal , fresh fruit	8	Breakfast: WG Muffin, String Cheese, fresh fruit	9	Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit	10	Lunch: No School	11	Breakfast: WG Muffin, String Cheese, fresh fruit	12
Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies		Lunch: (V) Cheesy Beans and Rice, fresh fruit, and veggies		Lunch: Turkey Provolone Lettuce Tomato, fresh fruit, and veggies				Lunch: (DF) Chicken Bites, fresh fruit, and veggies	
Alt. Lunch: (V, DF) Hearty Spaghetti, WG Garlic Bread, fresh fruit, and veggies				Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies				Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	
Breakfast: Hardboiled Egg, GF WH Honey Nut Cereal , fresh fruit	15	Breakfast: WG Muffin, Cheddar Cheese Stick, fresh fruit	16	Breakfast: GF WG Original Cheerios , String Cheese, fresh fruit	17	Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit	18	Breakfast: WG Muffin, String Cheese, fresh fruit	19
Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies		Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies		Lunch: Turkey Cheddar Lettuce Tomato , fresh fruit, and veggies		Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies, and veggies		Lunch: Corn Dog Bites, fresh fruit, and veggies	
		Alt. Lunch: (V, DF) Teriyaki Black Bean & Rice, fresh fruit, and veggies		Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies				Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	
Lunch: No School	22		23		24		25		26
Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit	29	Breakfast: String Cheese, GF WH Honey Nut Cereal , fresh fruit	30						
Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies		Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl, fresh fruit, and veggies							

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.