



# 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	
				<b>1</b> Breakfast: String Cheese, WG Muffin, fresh fruit  Lunch: Turkey Cheddar Lettuce Tomato , fresh fruit, and veggies  Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	<b>2</b> Breakfast: GF WG Original Cheerios , Cheddar Cheese Stick, fresh fruit  Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies  Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	<b>3</b> Breakfast: WG Muffin, Cheddar Cheese Stick, fresh fruit  Lunch: Chicken Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies, and veggies  Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies, and veggies			
<b>6</b> Breakfast: String Cheese, GF WH Honey Nut Cereal , fresh fruit  Lunch: (GF Filling, DF) Soft Chicken Tacos, fresh fruit, and veggies  Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	<b>7</b> Breakfast: Cheddar Cheese Stick, WG Muffin, fresh fruit  Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies  Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	<b>8</b> Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit  Lunch: Turkey Provolone Lettuce Tomato, fresh fruit, and veggies  Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	<b>9</b> Breakfast: GF WG Original Cheerios , String Cheese, fresh fruit  Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies  Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	<b>10</b> Breakfast: Cheddar Cheese Stick, WG Muffin, fresh fruit  Lunch: Chicken Pasta Alfredo, WG Garlic Bread, fresh fruit, and veggies, and veggies  Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies, and veggies					
<b>13</b> Breakfast: String Cheese, GF WH Honey Nut Cereal , fresh fruit  Lunch: (GF Filling, DF) Soft Chicken Tacos, fresh fruit, and veggies, and veggies  Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies, and veggies	<b>14</b> Breakfast: WG Muffin, Cheddar Cheese Stick, fresh fruit  Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies  Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	<b>15</b> Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit  Lunch: Chicken Salad Sandwich, fresh fruit, and veggies  Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	<b>16</b> Breakfast: GF WG Original Cheerios , String Cheese, fresh fruit  Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies  Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	<b>17</b> Breakfast: WG Muffin, Cheddar Cheese Stick, fresh fruit  Lunch: Turkey Cheddar Lettuce Tomato , fresh fruit, and veggies  Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies					
<b>20</b>		<b>21</b>		<b>22</b>		<b>23</b>		<b>24</b>	
<b>27</b>		<b>28</b>		<b>29</b>		<b>30</b>		<b>31</b>	

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.