



Summit-Sierra 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	
				1 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: Turkey Cheddar Lettuce Tomato , fresh fruit, and veggies Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	2 Breakfast: GF WG Original Cheerios , Hardboiled Egg, fresh fruit Lunch: (V) Mozzarella Pasta Bake, WG Garlic Bread, fresh fruit, and veggies	3 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies, and veggies			
6 Breakfast: String Cheese, GF WH Honey Nut Cereal , fresh fruit Lunch: (V) Mozzarella Pasta Bake, WG Garlic Bread, fresh fruit, and veggies	7 Breakfast: Hardboiled Egg, WG Muffin, fresh fruit Lunch: (V) Cheesy Beans and Rice, WG Tortilla Chips, fresh fruit, and veggies	8 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	9 Breakfast: GF WG Original Cheerios , String Cheese, 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	10 Breakfast: Cheddar Cheese Stick, WG Muffin, fresh fruit Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies, and veggies Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies, and veggies					
13 Breakfast: Hardboiled Egg, GF WH Honey Nut Cereal , fresh fruit Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies	14 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies Alt. Lunch: (V, DF) Teriyaki Black Bean & Rice, fresh fruit, and veggies	15 Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: Turkey Cheddar Lettuce Tomato , fresh fruit, and veggies Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	16 Breakfast: GF WG Original Cheerios , 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	17 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: Corn Dog Bites, fresh fruit, and veggies, and veggies Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies, 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.