



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: Hardboiled Egg, WG Muffin, fresh fruit  Lunch: (V) Cheesy Beans and Rice, WG Chip Packs, fresh fruit, and veggies	<b>2</b> Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit  Lunch: Turkey and Provolone Sandwich, fresh fruit, and veggies  Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	<b>3</b> 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	<b>4</b> 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
<b>7</b> Breakfast: Hardboiled Egg, GF WH Honey Nut Cereal , fresh fruit  Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies	<b>8</b> Breakfast: WG Muffin, String Cheese, fresh fruit  Lunch: (DF) Teriyaki Chicken with Rice, Whole Wheat Roll, fresh fruit, and veggies  Alt. Lunch: (V, DF) Teriyaki Black Bean & Rice, Whole Wheat Roll, fresh fruit, and veggies	<b>9</b> Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit  Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies  Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	<b>10</b> 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	<b>11</b> 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
<b>14</b> Breakfast: Hardboiled Egg, GF WH Honey Nut Cereal , fresh fruit  Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, and veggies  Alt. Lunch: (V, DF) Hearty Spaghetti, WG Garlic Bread, fresh fruit, and veggies	<b>15</b> Breakfast: WG Muffin, String Cheese, fresh fruit  Lunch: Somali Chicken & Rice, Whole Wheat Roll, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) Egg Fried Rice, Whole Wheat Roll, fresh fruit, and veggies	<b>16</b> Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit  Lunch: Turkey and Provolone Sandwich, fresh fruit, and veggies  Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	<b>17</b> Breakfast: GF WG Original Cheerios , Cheddar Cheese Stick, fresh fruit  Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies  Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	<b>18</b> Breakfast: WG Muffin, String Cheese, fresh fruit  Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies, and veggies  Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies, and veggies
<b>21</b> Lunch: No School	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>28</b> Breakfast: GF WH Honey Nut Cereal , Hardboiled Egg, fresh fruit  Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies  Alt. Lunch: (V, DF) Hearty Spaghetti, WG Garlic Bread, 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.