



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: String Cheese, WG Muffin, fresh fruit  Lunch: Somalian Chicken & Rice, Whole Wheat Roll, fresh fruit, and veggies  Alt. Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies	2	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	3	Breakfast: GF WG Original Cheerios , Cheddar Cheese Stick, fresh fruit  Lunch: (DF) Meaty Spaghetti, Whole Wheat Roll, fresh fruit, and veggies, and veggies  Alt. Lunch: (V) Cheesy Beans and Rice, Whole Wheat Roll, fresh fruit, and veggies, and veggies	4	Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit  Lunch: (V, GF, DF) Egg Fried Rice, Whole Wheat Roll, fresh fruit, and veggies  Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies		
		7	Breakfast: WG Muffin, Cheddar Cheese Stick, fresh fruit  Lunch: Biscuits and Gravy, fresh fruit, and veggies  Alt. Lunch: Cheesy Quesadilla, fresh fruit, and veggies	8	Breakfast: GF WG Original Cheerios , String Cheese, fresh fruit  Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies  Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	9	Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit  Lunch: (GF Filling, V, DF) Soft Taco w/ Pinto Beans, fresh fruit, and veggies, and veggies  Alt. Lunch: (V) Mac and Cheese, fresh fruit, and veggies, and veggies	10	Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit  Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies  Alt. Lunch: (V, DF) Hearty Spaghetti, WG Garlic Bread, fresh fruit, and veggies		
		14	Breakfast: String Cheese, GF WH Honey Nut Cereal , 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	15	Breakfast: Cheddar Cheese Stick, WG Muffin, fresh fruit  Lunch: (V, GF, DF) Hearty Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies  Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	16	Breakfast: Cheddar Cheese Stick, GF WG Original Cheerios , fresh fruit  Lunch: Turkey and Provolone Sandwich, fresh fruit, and veggies  Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	17	Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit  Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies  Alt. Lunch: Cheesy Quesadilla, fresh fruit, and veggies	18	Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit  Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies, and veggies  Alt. Lunch: (V) Cheesy Beans and Rice, Whole Wheat Roll, fresh fruit, and veggies, and veggies
		21	Breakfast: String Cheese, GF WH Honey Nut Cereal , fresh fruit  Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies  Alt. Lunch: (V, DF) Hearty Spaghetti, WG Garlic Bread, fresh fruit, and veggies	22	Breakfast: WG Muffin, String Cheese, fresh fruit  Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies  Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	23	Breakfast: GF WG Original Cheerios , Cheddar Cheese Stick, fresh fruit  Lunch: Biscuits and Gravy, fresh fruit, and veggies  Alt. Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies	24	Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit  Lunch: (GF Filling, DF) Soft Chicken Tacos, fresh fruit, and veggies, and veggies  Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies, and veggies		
		28	Breakfast: Cheddar Cheese Stick, WG Muffin, fresh fruit  Lunch: (V) Cheesy Beans and Rice, WG Chip Packs, fresh fruit, and veggies  Alt. Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies	29	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	30	Breakfast: GF WG Original Cheerios , String Cheese, fresh fruit  Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies  Alt. Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies	31			

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.