



Summit-Olympus

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: (V) Mac and Cheese, 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 WH Honey Nut Cereal , Cheddar Cheese Stick, fresh fruit Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies, and veggies | 4 | Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies |
| 7 | Breakfast: Hardboiled Egg, GF WG Original Cheerios , fresh fruit Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies | 8 | Breakfast: WG Muffin, Cheddar Cheese Stick, 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 | 9 | Breakfast: GF WH Honey Nut Cereal , 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 | 10 | Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies, and veggies | 11 | Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit Lunch: Corn Dog Bites, fresh fruit, and veggies Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies |
| 14 | Breakfast: Hardboiled Egg, GF WG Original Cheerios , 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 | 15 | Breakfast: Cheddar Cheese Stick, WG Muffin, fresh fruit Lunch: Somalian Chicken & Rice, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Egg Fried Rice, Whole Wheat Roll, fresh fruit, and veggies | 16 | Breakfast: Cheddar Cheese Stick, GF WH Honey Nut Cereal , 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) Breaded Chicken Breast Sandwich, fresh fruit, and veggies Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies | 18 | Lunch: No School |
| 21 | Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies | 22 | Breakfast: String Cheese, GF WG Original Cheerios , fresh fruit Lunch: Corn Dog Bites, fresh fruit, and veggies Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies | 23 | 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 | 24 | Breakfast: GF WH Honey Nut Cereal , Hardboiled Egg, fresh fruit Lunch: (V) Mozzarella Pasta Bake, WG Garlic Bread, fresh fruit, and veggies | 25 | Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies, and veggies |
| 28 | Lunch: No School | 29 | Breakfast: Hardboiled Egg, WG Muffin, fresh fruit Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies | 30 | 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 | 31 | Breakfast: GF WH Honey Nut Cereal , 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 | | |

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.