



# Summit-Olympus

## FEATURE OF THE MONTH

| MONDAY   |    | TUESDAY  |    | WEDNESDAY  |    | THURSDAY  |    | FRIDAY   |    |
|--|----|--|----|--|----|---|----|--|----|
|  |    |  |    |  |    |   |    | <p>Breakfast:<br/>Whole Wheat Bagel, Cream Cheese, fresh fruit</p> <p>Lunch:<br/>Corn Dog Bites, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V)<br/>Traditional Pizza Bagel, fresh fruit, and veggies, and veggies</p>                       | 1  |
|  |    |  |    |  |    |   |    |  |    |
| Lunch:<br>No School  | 4  | 5  |    | 6  |    | 7   |    | Lunch:<br>No School  | 8  |
|  |    |  |    |  |    |   |    |  |    |
| <p>Breakfast:<br/>GF WG Original Cheerios , Hardboiled Egg, fresh fruit</p> <p>Lunch: (DF)<br/>Meaty Spaghetti, WG Garlic Bread, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, DF)<br/>Hearty Spaghetti, WG Garlic Bread, fresh fruit, and veggies</p> | 11 | <p>Breakfast:<br/>WG Muffin, String Cheese, fresh fruit</p> <p>Lunch:<br/>Somalian Chicken &amp; Rice, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF)<br/>Egg Fried Rice, Whole Wheat Roll, fresh fruit, and veggies</p>                        | 12 | <p>Breakfast:<br/>Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit</p> <p>Lunch:<br/>Turkey and Provolone Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V)<br/>Sunflower Butter &amp; Jelly Sandwich, String Cheese, fresh fruit, and veggies</p> | 13 | <p>Breakfast:<br/>GF WH Honey Nut Cereal , Cheddar Cheese Stick, fresh fruit</p> <p>Lunch: (DF)<br/>Turkey Hot Dog, fresh fruit, and veggies</p> <p>Alt. Lunch: (V)<br/>Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p>  | 14 | <p>Breakfast:<br/>Whole Wheat Bagel, Cream Cheese, fresh fruit</p> <p>Lunch: (DF)<br/>Breaded Chicken Breast Sandwich, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V)<br/>Traditional Pizza Bagel, fresh fruit, and veggies, and veggies</p> | 15 |
|  |    |  |    |  |    |   |    |  |    |
| <p>Breakfast:<br/>GF WG Original Cheerios , Hardboiled Egg, fresh fruit</p> <p>Lunch: (DF)<br/>Turkey Hot Dog, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, DF)<br/>Hearty Spaghetti, WG Garlic Bread, fresh fruit, and veggies</p>                   | 18 | <p>Breakfast:<br/>String Cheese, WG Muffin, fresh fruit</p> <p>Lunch: (V)<br/>Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (DF)<br/>Whole Grain Chicken Corn Dog, fresh fruit, and veggies</p>  | 19 | <p>Breakfast:<br/>Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit</p> <p>Lunch:<br/>Turkey and Provolone Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V)<br/>Sunflower Butter &amp; Jelly Sandwich, String Cheese, fresh fruit, and veggies</p> | 20 | <p>Breakfast:<br/>GF WH Honey Nut Cereal , Cheddar Cheese Stick, fresh fruit</p> <p>Lunch: (V)<br/>Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch:<br/>Chicken Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies, and veggies</p> | 21 | <p>Breakfast:<br/>Whole Wheat Bagel, Cream Cheese, fresh fruit</p> <p>Lunch: (DF)<br/>Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V)<br/>Traditional Pizza Bagel, fresh fruit, and veggies</p>                           | 22 |
|  |    |  |    |  |    |   |    |  |    |
| <p>Breakfast:<br/>Hardboiled Egg, GF WG Original Cheerios , fresh fruit</p> <p>Lunch: (V)<br/>Bean and Cheese Burrito, fresh fruit, and veggies</p> <p>Alt. Lunch: (DF)<br/>Turkey Hot Dog, fresh fruit, and veggies</p>                                 | 25 | <p>Breakfast:<br/>WG Muffin, Cheddar Cheese Stick, fresh fruit</p> <p>Lunch: (DF)<br/>Teriyaki Chicken with Rice, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, DF)<br/>Teriyaki Black Bean &amp; Rice, Whole Wheat Roll, fresh fruit, and veggies</p> | 26 | <p>Breakfast:<br/>GF WH Honey Nut Cereal , String Cheese, fresh fruit</p> <p>Lunch:<br/>Turkey and Cheddar Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V)<br/>Sunflower Butter &amp; Jelly Sandwich, String Cheese, fresh fruit, and veggies</p>            | 27 | <p>Breakfast:<br/>Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit</p> <p>Lunch: (V)<br/>Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (DF)<br/>Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies, and veggies</p> | 28 | <p>Breakfast:<br/>Whole Wheat Bagel, Cream Cheese, fresh fruit</p> <p>Lunch:<br/>Corn Dog Bites, fresh fruit, and veggies</p> <p>Alt. Lunch: (V)<br/>Traditional Pizza Bagel, fresh fruit, and veggies</p>   | 29 |

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.