



Summit-Atlas

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
			<p>1 Breakfast: Frosted Flakes Cereal Bowl - 1oz, String Cheese, fresh fruit</p> <p>Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Beyond Spaghetti, WG Garlic Bread, fresh fruit, and veggies</p>	<p>2 Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit</p> <p>Lunch: Cajun Chicken & Rice, fresh fruit, and veggies</p> <p>Alt. Lunch: Cajun Red Beans & Rice, fresh fruit, and veggies</p>
<p>Lunch: No School</p>	<p>5 Breakfast: WG Muffin, Colby Jack Stick, fresh fruit</p> <p>Lunch: (V) Cheesy Beans and Rice, WG Chip Packs, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Cuban Black Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>	<p>6 Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit</p> <p>Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Egg Fried Rice, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>7 Breakfast: Frosted Flakes Cereal Bowl - 1oz, String Cheese, fresh fruit</p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies, and veggies</p>	<p>8 Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit</p> <p>Lunch: Tilapia & Rice, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Curry Chickpeas and Quinoa, fresh fruit, and veggies</p>
<p>12 Breakfast: String Cheese, Honey Graham Toasters Bowl 1oz, fresh fruit</p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>13 Breakfast: Cheddar Stick 1oz, WG Muffin, fresh fruit</p> <p>Lunch: Taco Salad, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>	<p>14 Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit</p> <p>Lunch: (DF) Cheeseburger, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Vegan Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>	<p>15 Breakfast: String Cheese, Frosted Flakes Cereal Bowl - 1oz, fresh fruit</p> <p>Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies, and veggies</p>	<p>16 Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit</p> <p>Lunch: (GF, DF) Teriyaki Chicken with Rice, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Teriyaki Black Bean & Rice, fresh fruit, and veggies</p>
<p>19 Breakfast: String Cheese, Honey Graham Toasters Bowl 1oz, fresh fruit</p> <p>Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Beyond Spaghetti, WG Garlic Bread, fresh fruit, and veggies</p>	<p>20 Breakfast: WG Muffin, Cheddar Stick 1oz, fresh fruit</p> <p>Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies</p>	<p>21 Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit</p> <p>Lunch: Corn Dog Bites, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Curry Chickpeas and Quinoa, fresh fruit, and veggies</p>	<p>22 Breakfast: Frosted Flakes Cereal Bowl - 1oz, String Cheese, fresh fruit</p> <p>Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies, and veggies</p>	<p>23 Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit</p> <p>Lunch: Biscuits and Gravy, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Egg Fried Rice, fresh fruit, and veggies, and veggies</p>
<p>26 Breakfast: Honey Graham Toasters Bowl 1oz, String Cheese, fresh fruit</p> <p>Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies</p>	<p>27 Breakfast: WG Muffin, Cheddar Stick 1oz, fresh fruit</p> <p>Lunch: Chicken Quesadilla, fresh fruit, and veggies</p> <p>Alt. Lunch: Cheesy Quesadilla, fresh fruit, and veggies</p>	<p>28 Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p> <p>Alt. Lunch: Taco Salad, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>	<p>29 Breakfast: String Cheese, Frosted Flakes Cereal Bowl - 1oz, fresh fruit</p> <p>Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies</p>	<p>30 Lunch: No School</p>

DF - Dairy Free

GF - Gluten Free

V - Vegeta

ALL MEALS ARE SERVED WITH FRESH FRUITS AND ALL MEALS ARE SERVED WITH A VARIETY OF MILK

This institution is an equal opportunity provider.