



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: Frosted Flakes Cereal Bowl - 1oz, String Cheese, fresh fruit Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Beyond Spaghetti, fresh fruit, and veggies | | 2 Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit Lunch: Cajun Chicken & Rice, fresh fruit, and veggies, and veggies Alt. Lunch: Cajun Red Beans & Rice, fresh fruit, and veggies, and veggies | |
| 5 Breakfast: String Cheese, Honey Graham Toasters Bowl 1oz, 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 | 6 Breakfast: Cheddar Stick 1oz, WG Muffin, fresh fruit Lunch: Burrito Bowl, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl, WG Chip Packs, fresh fruit, and veggies | 7 Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: Fish Stick Shapes, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Egg Fried Rice, WG Chip Packs, fresh fruit, and veggies | 8 Breakfast: Frosted Flakes Cereal Bowl - 1oz, String Cheese, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V, DF) French Toast Stick Lunch, fresh fruit, Strawberry Jam Cup, and veggies | 9 Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit Lunch: (GF, DF) Curry Chicken and Quinoa, fresh fruit, and veggies, and veggies Alt. Lunch: (V, GF, DF) Cuban Black Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies, and veggies | | | | | |
| 12 Breakfast: String Cheese, Honey Graham Toasters Bowl 1oz, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies | 13 Breakfast: WG Muffin, Cheddar Stick 1oz, fresh fruit Lunch: (V) Cheesy Beans and Rice, WG Chip Packs, fresh fruit, and veggies Alt. Lunch: (V) Pancake Lunch, fresh fruit, Apple Butter Cup, and veggies | 14 Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: Corn Dog Bites, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Curry Chickpeas and Quinoa, String Cheese, fresh fruit, and veggies | 15 Breakfast: Frosted Flakes Cereal Bowl - 1oz, String Cheese, fresh fruit Lunch: Chicken Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies | 16 Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit Lunch: (GF, DF) Teriyaki Chicken with Rice, fresh fruit, and veggies, and veggies Alt. Lunch: (V, GF, DF) Teriyaki Black Bean & Rice, fresh fruit, and veggies, and veggies | | | | | |
| 19 | 20 | 21 | 22 | 23 | | | | | |
| 26 | 27 | 28 | 29 | 30 | | | | | |

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.