



# Summit-Sierra

## 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
	<b>1</b> Breakfast: WG Muffin, Colby Jack Stick, fresh fruit Lunch: Burrito Bowl, fresh fruit, and veggies Alt. Lunch: Vegan Burrito Bowl, fresh fruit, and veggies	<b>2</b> Breakfast: WG Pancake, Hardboiled Egg, Maple Syrup Cup, fresh fruit Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Alt. Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies	<b>3</b> Breakfast: Frosted Flakes Cereal Bowl - 1oz, String Cheese, fresh fruit Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, fresh fruit Alt. Lunch: (V, GF, DF) Beyond Spaghetti, WG Garlic Bread, fresh fruit, fresh fruit	<b>4</b> Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit Lunch: Cajun Chicken & Rice, fresh fruit, and veggies Alt. Lunch: Cajun Red Beans & Rice, fresh fruit, and veggies
<b>7</b> Breakfast: String Cheese, Honey Graham Toasters Bowl 1oz, 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	<b>8</b> Breakfast: WG Muffin, Colby Jack Stick, fresh fruit Lunch: (V) Cheesy Beans and Rice, WG Chip Packs, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Cuban Black Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies	<b>9</b> Breakfast: WW Waffle, Hardboiled Egg, fresh fruit, Strawberry Jam Cup Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, fresh fruit Alt. Lunch: (V, GF, DF) Egg Fried Rice, Whole Wheat Roll, fresh fruit, fresh fruit	<b>10</b> Breakfast: String Cheese, Frosted Flakes Cereal Bowl - 1oz, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies, and veggies Alt. Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies, and veggies	<b>11</b> Lunch: No School
<b>14</b> Breakfast: Honey Graham Toasters Bowl 1oz, String Cheese, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, fresh fruit Alt. Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, fresh fruit	<b>15</b> Breakfast: Colby Jack Stick, WG Muffin, fresh fruit Lunch: Taco Salad, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Vegan Taco Salad, fresh fruit, and veggies	<b>16</b> Breakfast: WG French Toast Sticks, Hardboiled Egg, fresh fruit, Apple Butter Cup Lunch: (DF) Cheeseburger, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Vegan Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies	<b>17</b> Breakfast: String Cheese, Frosted Flakes Cereal Bowl - 1oz, fresh fruit Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies, and veggies Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies, and veggies	<b>18</b> Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit Lunch: (GF, DF) Teriyaki Chicken with Rice, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Teriyaki Black Bean & Rice, fresh fruit, and veggies
<b>21</b> Lunch: No School	<b>22</b> Lunch: No School	<b>23</b> Lunch: No School	<b>24</b> Lunch: No School	<b>25</b> Lunch: No School
<b>28</b> Breakfast: Honey Graham Toasters Bowl 1oz, String Cheese, fresh fruit Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies	<b>29</b> Breakfast: WG Muffin, Colby Jack Stick, fresh fruit Lunch: Chicken Quesadilla, fresh fruit, and veggies Alt. Lunch: Cheesy Quesadilla, fresh fruit, and veggies	<b>30</b> Breakfast: WW Waffle, Hardboiled Egg, fresh fruit, Strawberry Jam Cup Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Alt. Lunch: (DF) Cheeseburger, fresh fruit, and veggies		

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.