



Summit-Olympus

FEATURE OF THE MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Lunch: No School</p>	<p>2 Breakfast: String Cheese, WG Muffin, 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>3 Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit</p> <p>Lunch: (DF) Chicken Bites, WG Garlic Bread, fresh fruit, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Egg Fried Rice, WG Garlic Bread, fresh fruit, fresh fruit, and veggies</p>	<p>4 Breakfast: String Cheese, Frosted Flakes Cereal Bowl - 1oz, fresh fruit</p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: Waffle Lunch, fresh fruit, Maple Syrup Cup, and veggies, and veggies</p>	<p>5 Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit</p> <p>Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Curry Chickpeas and Quinoa, fresh fruit, and veggies</p>
<p>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>Alt. Lunch: (V, DF) French Toast Stick Lunch, fresh fruit, Maple Syrup Cup, and veggies</p>	<p>9 Breakfast: WG Muffin, Cheddar Stick 1oz, fresh fruit</p> <p>Lunch: Taco Salad, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Vegan Taco Salad, fresh fruit, and veggies</p>	<p>10 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>11 Breakfast: Frosted Flakes Cereal Bowl - 1oz, String Cheese, fresh fruit</p> <p>Lunch: Chicken Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies, and veggies</p>	<p>12 Breakfast: Whole Wheat Bagel, Cream Cheese, 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>Lunch: No School</p>	<p>16 Breakfast: Cheddar Stick 1oz, WG Muffin, fresh fruit</p> <p>Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies, fresh fruit</p> <p>Alt. Lunch: (V) Pancake Lunch, fresh fruit, Apple Butter Cup, and veggies, fresh fruit</p>	<p>17 Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, 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>18 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</p>	<p>19 Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit</p> <p>Lunch: Biscuits and Gravy, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Egg Fried Rice, Whole Wheat Roll, fresh fruit, and veggies, and veggies</p>
<p>Breakfast: String Cheese, Honey Graham Toasters Bowl 1oz, fresh fruit</p> <p>Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: Waffle Lunch, Maple Syrup Cup, fresh fruit, and veggies</p>	<p>23 Breakfast: Cheddar Stick 1oz, WG Muffin, fresh fruit</p> <p>Lunch: Chicken Quesadilla, fresh fruit, and veggies</p> <p>Alt. Lunch: Cheesy Quesadilla, fresh fruit, and veggies</p>	<p>24 Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p> <p>Alt. Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies</p>	<p>25 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, fresh fruit, and veggies</p>	<p>26 Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit</p> <p>Lunch: Cajun Chicken & Rice, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: Cajun Red Beans & Rice, fresh fruit, and veggies, and veggies</p>
<p>Breakfast: String Cheese, Honey Graham Toasters Bowl 1oz, fresh fruit</p> <p>Lunch: Chicken Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>30 Breakfast: Cheddar Stick 1oz, WG Muffin, fresh fruit</p> <p>Lunch: Burrito Bowl, fresh fruit, and veggies</p> <p>Alt. Lunch: Vegan Burrito Bowl, fresh fruit, and veggies</p>	<p>31</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.