



Summit-Olympus

FEATURE OF THE MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 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	2 Breakfast: Cinnamon Chex Bowl, 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	3 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
6 Breakfast: String Cheese, Golden Grahams Cereal 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	7 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	8 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	9 Breakfast: Cinnamon Chex Bowl, 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	10 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
13 Breakfast: Golden Grahams 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	14 Breakfast: Cheddar Stick 1oz, WG Muffin, fresh fruit Lunch: (GF, DF) Meaty Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Vegan Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies	15 Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies Alt. Lunch: Waffle Lunch, fresh fruit, and veggies	16 Breakfast: String Cheese, Cinnamon Chex Bowl, fresh fruit Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	17 Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit Lunch: Biscuits and Gravy, fresh fruit, and veggies, and veggies Alt. Lunch: (V, GF, DF) Egg Fried Rice, Whole Wheat Roll, fresh fruit, and veggies, and veggies
20 Lunch: No School	21 Lunch: No School	22 Lunch: No School	23 Lunch: No School	24 Lunch: No School
27 Breakfast: Golden Grahams 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	28 Breakfast: Cheddar Stick 1oz, WG Muffin, 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			

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.