



Summit-Sierra

FEATURE OF THE MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Breakfast: WG French Toast Sticks, Hardboiled Egg, fresh fruit, Apple Butter Cup Lunch: Fish Stick Shapes, fresh fruit, fresh fruit Alt. Lunch: (V, GF, DF) Egg Fried Rice, Whole Wheat Roll, fresh fruit, fresh fruit	Breakfast: String Cheese, Cinnamon Chex Bowl, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies	Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit Lunch: (GF, DF) Curry Chicken and Quinoa, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Cuban Black Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies, and veggies
Breakfast: String Cheese, Golden Grahams Cereal Bowl- 1oz, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, fresh fruit Alt. Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, fresh fruit	Breakfast: WG Muffin, Cheddar Stick 0.75oz, fresh fruit Lunch: (V) Cheesy Beans and Rice, WG Chip Packs, fresh fruit, and veggies Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	Breakfast: Hardboiled Egg, WG Pancake, Maple Syrup Cup, 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	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	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
Breakfast: String Cheese, Golden Grahams Cereal Bowl- 1oz, fresh fruit Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Beyond Spaghetti, fresh fruit, and veggies	Breakfast: WG Muffin, Cheddar Stick 0.75oz, 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	Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Vegan Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies	Breakfast: Cinnamon Chex Bowl, String Cheese, fresh fruit Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, fresh fruit Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, fresh fruit	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
Lunch: No School	Lunch: No School	Lunch: No School	Lunch: No School	Lunch: No School
Breakfast: String Cheese, Golden Grahams Cereal 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	Breakfast: WG Muffin, Cheddar Stick 0.75oz, 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.