



Summit-Olympus

FEATURE OF THE MONTH

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| | | <p>Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit</p> <p>Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Egg Fried Rice, Whole Wheat Roll, fresh fruit, and veggies</p> | <p>Breakfast: Cinnamon Chex Bowl, String Cheese, 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>Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit</p> <p>Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Curry Chickpeas and Quinoa, fresh fruit, and veggies</p> |
| <p>Breakfast: String Cheese, Golden Grahams Cereal 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, Maple Syrup Cup, fresh fruit, and veggies</p> | <p>Breakfast: WG Muffin, Cheddar Stick 0.75oz, fresh fruit</p> <p>Lunch: Taco Salad, Frito Chip 2 oz Packs, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit, and veggies</p> | <p>Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit</p> <p>Lunch: 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>Breakfast: Cinnamon Chex Bowl, 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>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>Breakfast: Golden Grahams 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>Breakfast: Cheddar Stick 0.75oz, WG Muffin, fresh fruit</p> <p>Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Pancake Lunch, fresh fruit, Apple Butter Cup, and veggies</p> | <p>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>Breakfast: Cinnamon Chex Bowl, String Cheese, fresh fruit</p> <p>Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies</p> | <p>Lunch: No School</p> |
| <p>Breakfast: String Cheese, Golden Grahams Cereal 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>Breakfast: Cheddar Stick 0.75oz, WG Muffin, fresh fruit</p> <p>Lunch: Chicken Quesadilla, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Cheesy Quesadilla, fresh fruit, and veggies</p> | <p>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>Breakfast: Cinnamon Chex Bowl, 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>Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit</p> <p>Lunch: Cajun Chicken & Rice, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Cajun Red Beans & Rice, fresh fruit, and veggies, and veggies</p> |
| <p>Breakfast: String Cheese, Golden Grahams Cereal 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>Breakfast: Cheddar Stick 0.75oz, WG Muffin, fresh fruit</p> <p>Lunch: Burrito Bowl, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Vegan Burrito Bowl, fresh fruit, and veggies</p> | <p>Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit</p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Egg Fried Rice, WG Chip Packs, fresh fruit, and veggies</p> | <p>Breakfast: Cinnamon Chex Bowl, String Cheese, fresh fruit</p> <p>Lunch: Fish Sticks, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, DF) French Toast Stick Lunch, fresh fruit, Strawberry Jam Cup, and veggies</p> | <p>Lunch: No School</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.