



Summit-Sierra

FEATURE OF THE MONTH

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

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| | | <p>1</p> <p>Breakfast: WW Waffle, Hardboiled Egg, fresh fruit, Strawberry Jam Cup</p> <p>Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, fresh fruit</p> <p>Alt. Lunch: (V, GF, DF) Egg Fried Rice, Whole Wheat Roll, fresh fruit, fresh fruit</p> | <p>2</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, and veggies</p> <p>Alt. Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies, and veggies</p> | <p>3</p> <p>Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit</p> <p>Lunch: (GF, DF) Tilapia & Rice, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Curry Chickpeas and Quinoa, fresh fruit, and veggies</p> |
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| <p>6</p> <p>Breakfast: Golden Grahams Cereal Bowl- 1oz, String Cheese, fresh fruit</p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, fresh fruit</p> <p>Alt. Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, fresh fruit</p> | <p>7</p> <p>Breakfast: Cheddar Stick 0.75oz, WG Muffin, 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>8</p> <p>Breakfast: WG French Toast Sticks, Hardboiled Egg, fresh fruit, Apple Butter Cup</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>9</p> <p>Breakfast: String Cheese, Cinnamon Chex Bowl, fresh fruit</p> <p>Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies, and veggies</p> | <p>10</p> <p>Breakfast: Cream Cheese, Whole Wheat Bagel, 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> |
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| <p>13</p> <p>Breakfast: Golden Grahams Cereal Bowl- 1oz, String Cheese, fresh fruit</p> <p>Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, fresh fruit</p> <p>Alt. Lunch: (V, GF, DF) Beyond Spaghetti, fresh fruit, fresh fruit</p> | <p>14</p> <p>Breakfast: WG Muffin, Cheddar Stick 0.75oz, fresh fruit</p> <p>Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies</p> <p>Alt. Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies</p> | <p>15</p> <p>Breakfast: WG Pancake, Hardboiled Egg, fresh fruit, Maple Syrup Cup</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>16</p> <p>Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit</p> <p>Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies</p> | <p>17</p> <p>Breakfast: Whole Wheat Bagel, Cream Cheese, 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> |
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| <p>20</p> <p>Breakfast: Golden Grahams 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) Whole Grain Chicken Corn Dog, fresh fruit, and veggies</p> | <p>21</p> <p>Breakfast: WG Muffin, Cheddar Stick 0.75oz, fresh fruit</p> <p>Lunch: Chicken Quesadilla, fresh fruit, and veggies</p> <p>Alt. Lunch: Cheesy Quesadilla, fresh fruit, and veggies</p> | <p>22</p> <p>Breakfast: WW Waffle, Hardboiled Egg, fresh fruit, Strawberry Jam Cup</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p> <p>Alt. Lunch: Cheeseburger, fresh fruit, and veggies</p> | <p>23</p> <p>Breakfast: String Cheese, Cinnamon Chex Bowl, fresh fruit</p> <p>Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, fresh fruit</p> <p>Alt. Lunch: (V, GF, DF) Beyond Spaghetti, fresh fruit, fresh fruit</p> | <p>24</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: Cajun Red Beans & Rice, fresh fruit, and veggies, and veggies</p> |
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| <p>27</p> <p>Breakfast: Golden Grahams Cereal Bowl- 1oz, String Cheese, 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>28</p> <p>Breakfast: WG Muffin, Cheddar Stick 0.75oz, 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>29</p> <p>Breakfast: WG Pancake, Hardboiled Egg, fresh fruit, Strawberry Jam Cup</p> <p>Lunch: Fish Sticks, Whole Wheat Roll, fresh fruit, fresh fruit</p> <p>Alt. Lunch: (V, GF, DF) Egg Fried Rice, Whole Wheat Roll, fresh fruit, fresh fruit</p> | <p>30</p> <p>Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit</p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies</p> | <p>31</p> <p>Lunch: No School</p> |
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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.