



Summit-Olympus

FEATURE OF THE MONTH



MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY**

	3	4	5	6	7
Lunch: No School					Lunch: No School

10	11	12	13	14
Breakfast: Golden Grahams Cereal Bowl- 1oz, String Cheese, fresh fruit	Breakfast: Cheddar Stick 0.75oz, WG Muffin, fresh fruit	Breakfast: Cinnamon Granola Pack, Yoplait Strawberry Banana Yogurt Cup, fresh fruit	Breakfast: String Cheese, Cinnamon Chex Bowl, fresh fruit	Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit
Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, and veggies	Lunch: (GF, DF) Meaty Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies	Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies	Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies	Lunch: Biscuits and Gravy, fresh fruit, and veggies, and veggies
Alt. Lunch: (V, GF, DF) Beyond Spaghetti, fresh fruit, and veggies	Alt. Lunch: (V, GF, DF) Vegan Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies	Alt. Lunch: Waffle Lunch, fresh fruit, Maple Syrup Cup, and veggies	Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	Alt. Lunch: (V, GF, DF) Egg Fried Rice, Whole Wheat Roll, fresh fruit, and veggies, and veggies

17	18	19	20	21
Breakfast: Golden Grahams Cereal Bowl- 1oz, String Cheese, fresh fruit	Breakfast: WG Muffin, Cheddar Stick 0.75oz, fresh fruit	Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit	Breakfast: Cinnamon Chex Bowl, String Cheese, fresh fruit	Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit
Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies, and veggies	Lunch: Burrito Bowl, fresh fruit, and veggies	Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, fresh fruit	Lunch: Cajun Chicken & Rice, fresh fruit, and veggies
Alt. Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies, and veggies	Alt. Lunch: (V, GF, DF) Vegan Burrito Bowl, fresh fruit, and veggies	Alt. Lunch: (V) Pancake Lunch, fresh fruit, Strawberry Jam Cup, and veggies	Alt. Lunch: (V, GF, DF) Beyond Spaghetti, fresh fruit, fresh fruit	Alt. Lunch: (V, GF, DF) Cajun Red Beans & Rice, fresh fruit, and veggies

24	25	26	27	28
Breakfast: Golden Grahams Cereal Bowl- 1oz, String Cheese, fresh fruit	Breakfast: Cheddar Stick 0.75oz, WG Muffin, fresh fruit	Breakfast: Yoplait Strawberry Banana Yogurt Cup, Cinnamon Granola Pack, fresh fruit	Breakfast: Cinnamon Chex Bowl, String Cheese, fresh fruit	Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit
Lunch: Chicken Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies	Lunch: (V) Cheesy Beans and Rice, WG Chip Packs, fresh fruit, and veggies	Lunch: (DF) Popcorn Chicken, Whole Wheat Roll, fresh fruit, and veggies	Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies, and veggies	Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies
Alt. Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies	Alt. Lunch: (V, GF, DF) Cuban Black Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies	Alt. Lunch: (V, GF, DF) Egg Fried Rice, Whole Wheat Roll, fresh fruit, and veggies	Alt. Lunch: Waffle Lunch, fresh fruit, Maple Syrup Cup, and veggies, and veggies	Alt. Lunch: (V, GF, DF) Curry Chickpeas and Quinoa, fresh fruit, and veggies

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