



# Summit-Sierra

## FEATURE OF THE MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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<p><b>Breakfast:</b> Golden Grahams Cereal Bowl- 1oz, String Cheese, fresh fruit</p> <p><b>Lunch: (V)</b> Mac and Cheese, Whole Wheat Roll, fresh fruit, fresh fruit</p> <p><b>Alt. Lunch: (DF)</b> Popcorn Chicken, Whole Wheat Roll, fresh fruit, fresh fruit</p>	<b>3</b>	<p><b>Breakfast:</b> Cheddar Stick 0.75oz, WG Muffin, fresh fruit</p> <p><b>Lunch: (V)</b> Cheesy Beans and Rice, WG Chip Packs, fresh fruit, and veggies</p> <p><b>Alt. Lunch: (V)</b> Traditional Pizza Bagel, fresh fruit, and veggies</p>	<b>4</b>	<p><b>Breakfast:</b> WG Pancake, Hardboiled Egg, fresh fruit, Maple Syrup Cup</p> <p><b>Lunch:</b> Corn Dog Bites, fresh fruit, and veggies</p> <p><b>Alt. Lunch: (V, GF, DF)</b> Curry Chickpeas and Quinoa, String Cheese, fresh fruit, and veggies</p>	<b>5</b>	<p><b>Breakfast:</b> String Cheese, Cinnamon Chex Bowl, fresh fruit</p> <p><b>Lunch:</b> Chicken Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies</p> <p><b>Alt. Lunch: (V)</b> Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies</p>	<b>6</b>	<p><b>Breakfast:</b> Whole Wheat Bagel, Cream Cheese, fresh fruit</p> <p><b>Lunch: (GF, DF)</b> Teriyaki Chicken with Rice, fresh fruit, and veggies, and veggies</p> <p><b>Alt. Lunch: (V)</b> Traditional Pizza Bagel, fresh fruit, and veggies, and veggies</p>	<b>7</b>
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<p><b>Lunch:</b> No School</p>	<b>10</b>		<b>11</b>		<b>12</b>		<b>13</b>	<p><b>Lunch:</b> No School</p>	<b>14</b>
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<p><b>Breakfast:</b> String Cheese, Golden Grahams Cereal Bowl- 1oz, fresh fruit</p> <p><b>Lunch: (V)</b> Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies, and veggies</p> <p><b>Alt. Lunch: (DF)</b> Popcorn Chicken, Whole Wheat Roll, fresh fruit, and veggies, and veggies</p>	<b>17</b>	<p><b>Breakfast:</b> Cheddar Stick 0.75oz, WG Muffin, fresh fruit</p> <p><b>Lunch:</b> Burrito Bowl, fresh fruit, and veggies</p> <p><b>Alt. Lunch: (V, GF, DF)</b> Vegan Burrito Bowl, fresh fruit, and veggies</p>	<b>18</b>	<p><b>Breakfast:</b> Hardboiled Egg, WG Pancake, fresh fruit, Maple Syrup Cup</p> <p><b>Lunch: (V)</b> Traditional Pizza Bagel, fresh fruit, and veggies</p> <p><b>Alt. Lunch: (DF)</b> Turkey Hot Dog, fresh fruit, and veggies</p>	<b>19</b>	<p><b>Breakfast:</b> String Cheese, Cinnamon Chex Bowl, fresh fruit</p> <p><b>Lunch: (DF)</b> Meaty Spaghetti, WG Garlic Bread, fresh fruit, fresh fruit</p> <p><b>Alt. Lunch: (V, GF, DF)</b> Beyond Spaghetti, fresh fruit, fresh fruit</p>	<b>20</b>	<p><b>Breakfast:</b> Whole Wheat Bagel, Cream Cheese, fresh fruit</p> <p><b>Lunch:</b> Cajun Chicken &amp; Rice, fresh fruit, and veggies</p> <p><b>Alt. Lunch: (V, GF, DF)</b> Cajun Red Beans &amp; Rice, fresh fruit, and veggies</p>	<b>21</b>
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<p><b>Breakfast:</b> String Cheese, Golden Grahams Cereal Bowl- 1oz, fresh fruit</p> <p><b>Lunch:</b> Chicken Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies</p> <p><b>Alt. Lunch: (V)</b> Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies</p>	<b>24</b>	<p><b>Breakfast:</b> WG Muffin, Cheddar Stick 0.75oz, fresh fruit</p> <p><b>Lunch: (V)</b> Cheesy Beans and Rice, WG Chip Packs, fresh fruit, and veggies</p> <p><b>Alt. Lunch: (V, GF, DF)</b> Refried Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>	<b>25</b>	<p><b>Breakfast:</b> WW Waffle, Hardboiled Egg, fresh fruit, Maple Syrup Cup</p> <p><b>Lunch: (DF)</b> Popcorn Chicken, Whole Wheat Roll, fresh fruit, fresh fruit</p> <p><b>Alt. Lunch: (V, GF, DF)</b> Egg Fried Rice, Whole Wheat Roll, fresh fruit, fresh fruit</p>	<b>26</b>	<p><b>Breakfast:</b> Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit</p> <p><b>Lunch: (V)</b> Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies, and veggies</p> <p><b>Alt. Lunch: (DF)</b> Breaded Chicken Breast Sandwich, fresh fruit, and veggies, and veggies</p>	<b>27</b>	<p><b>Breakfast:</b> Cream Cheese, Whole Wheat Bagel, fresh fruit</p> <p><b>Lunch:</b> Fish Sticks, fresh fruit, and veggies</p> <p><b>Alt. Lunch: (V)</b> Traditional Pizza Bagel, fresh fruit, and veggies</p>	<b>28</b>
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DF - Dairy Free

GF - Gluten Free

V - Vegeta

ALL MEALS ARE SERVED WITH FRESH FRUITS AND