



Summit-Atlas

FEATURE OF THE MONTH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<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>	1	<p>Breakfast: Cheddar Stick 0.75oz, WG Muffin, fresh fruit</p> <p>Lunch: Taco Salad, Frito Chip 2 oz Packs, fresh fruit</p> <p>Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit</p>	2	<p>Breakfast: WG French Toast Sticks, Hardboiled Egg, fresh fruit, Maple Syrup 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>	3	<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>	4	<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) Traditional Pizza Bagel, fresh fruit, and veggies</p>	5
<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>	8	<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) Popcorn Chicken, Whole Wheat Roll, fresh fruit, and veggies</p>	9	<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) Traditional Pizza Bagel, fresh fruit, and veggies</p>	10	<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>	11	<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>	12
<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>	15	<p>Breakfast: WG Muffin, Cheddar Stick 0.75oz, fresh fruit</p> <p>Lunch: Chicken Quesadilla (Tray), fresh fruit, and veggies</p> <p>Alt. Lunch: Cheesy Quesadilla (Tray), fresh fruit, and veggies</p>	16	<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>	17	<p>Breakfast: String Cheese, fresh fruit, 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>	18	<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>	19
<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>	22	<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>	23	<p>Breakfast: WG French Toast Sticks, Hardboiled Egg, fresh fruit, Apple Butter 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>	24	<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>	25	<p>Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit</p> <p>Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Refried Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies, and veggies</p>	26
<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) Popcorn Chicken, Whole Wheat Roll, fresh fruit, fresh fruit</p>	29	<p>Breakfast: Cheddar Stick 0.75oz, WG Muffin, fresh fruit</p> <p>Lunch: (V) Cheesy Beans and Rice, WG Chip Packs, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p>	30	<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, String Cheese, fresh fruit, and veggies</p>	31				

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.