



Summit-Olympus

FEATURE OF THE MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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</p> <p>Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit</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 Strawberry Banana Yogurt Cup, 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: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (DF) Popcorn Chicken, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>Breakfast: Cream Cheese, Whole Wheat Bagel, 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>
<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 (Tray), fresh fruit, and veggies</p> <p>Alt. Lunch: Cheesy Quesadilla (Tray), 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 Strawberry Banana Yogurt Cup, Cinnamon Granola Pack, fresh fruit</p> <p>Lunch: Fish Sticks, 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: (V) Mac and Cheese, 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>Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit</p> <p>Lunch: (GF, DF) Curry Chicken and Quinoa, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Cuban Black Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies, 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: (DF) Popcorn Chicken, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>Breakfast: WG Muffin, Cheddar Stick 0.75oz, fresh fruit</p> <p>Lunch: (V) Cheesy Beans and Rice, WG Chip Packs, 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, String Cheese, fresh fruit, and veggies</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.