



Summit-Olympus

FEATURE OF THE MONTH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1 Breakfast: Cinnamon Chex Bowl, String Cheese, fresh fruit Lunch: Chicken Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies		2 Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit Lunch: (GF, DF) Teriyaki Chicken with Rice, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Teriyaki Black Bean & Rice, fresh fruit, and veggies, and veggies	
5 Breakfast: Golden Grahams Cereal Bowl- 1oz, String Cheese, fresh fruit Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Beyond Spaghetti, fresh fruit, and veggies		6 Breakfast: Cheddar Stick 0.75oz, WG Muffin, fresh fruit Lunch: (GF, DF) Meaty Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Vegan Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies		7 Breakfast: Cinnamon Granola Pack, Strawberry Banana Yogurt, fresh fruit Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies Alt. Lunch: Waffle Lunch, fresh fruit, Maple Syrup Cup, and veggies		8 Breakfast: String Cheese, Cinnamon Chex Bowl, fresh fruit Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies		9 Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit Lunch: Cheeseburger, fresh fruit, and veggies, and veggies Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies, and veggies	
12		13		14		15		16	
19		20		21		22		23	
26		27		28		29		30	

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.