



# Summit-Olympus

## FEATURE OF THE MONTH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								<b>1</b> Breakfast: WG Cinnamon Poptart, String Cheese, fresh fruit  Lunch: (V, GF) Macho Nacho Pack, fresh fruit, and veggies, and veggies  Alt. Lunch: (V, GF, DF) Refried Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies, and veggies	
<b>4</b> Lunch: No School	<b>5</b> Breakfast: Cinnamon Chex Bowl, Cheddar Stick 0.75oz, fresh fruit  Lunch: Taco Salad, Frito Chip 2 oz Packs, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit, and veggies	<b>6</b> Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit  Lunch: Egg Salad Sandwich, fresh fruit, and veggies  Alt. Lunch: (V) Veggie and Cheese Sandwich, fresh fruit, and veggies	<b>7</b> Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit  Lunch: Chicken Caesar Salad, Whole Wheat Roll, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) Protein Pack, fresh fruit, and veggies	<b>8</b> Breakfast: String Cheese, WG Strawberry Poptart, fresh fruit  Lunch: (V, GF) Macho Nacho Pack, fresh fruit, and veggies, and veggies  Alt. Lunch: (V, GF, DF) Cuban Black Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies, and veggies					
<b>11</b> Breakfast: String Cheese, WG Muffin, fresh fruit  Lunch: Chicken Salad Sandwich, fresh fruit, and veggies  Alt. Lunch: (V, GF) Caesar Salad with Chickpeas, Whole Wheat Roll, fresh fruit, and veggies	<b>12</b> Breakfast: Cheddar Stick 0.75oz, Golden Grahams Cereal Bowl- 1oz, fresh fruit  Lunch: Taco Salad, Frito Chip 2 oz Packs, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit, and veggies	<b>13</b> Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit  Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies  Alt. Lunch: (V) Veggie and Cheese Sandwich, fresh fruit, and veggies	<b>14</b> Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit  Lunch: Chicken Caesar Salad, Whole Wheat Roll, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) Protein Pack, fresh fruit, and veggies	<b>15</b> Breakfast: String Cheese, WG Cinnamon Poptart, fresh fruit  Lunch: (V, GF) Macho Nacho Pack, fresh fruit, and veggies, and veggies  Alt. Lunch: (V, GF, DF) Refried Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies, and veggies					
<b>18</b> Breakfast: String Cheese, WG Muffin, fresh fruit  Lunch: Chicken Caesar Salad, Whole Wheat Roll, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) Protein Pack, fresh fruit, and veggies	<b>19</b> Breakfast: Cinnamon Chex Bowl, Cheddar Stick 0.75oz, fresh fruit  Lunch: Taco Salad, Frito Chip 2 oz Packs, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit, and veggies	<b>20</b> Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit  Lunch: Egg Salad Sandwich, fresh fruit, and veggies  Alt. Lunch: (V) Veggie and Cheese Sandwich, fresh fruit, and veggies	<b>21</b> Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit  Lunch: Chicken Caesar Salad, Whole Wheat Roll, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) Protein Pack, Whole Wheat Roll, fresh fruit, and veggies	<b>22</b> Breakfast: String Cheese, WG Strawberry Poptart, fresh fruit  Lunch: (V, GF) Macho Nacho Pack, fresh fruit, and veggies, and veggies  Alt. Lunch: (V, GF, DF) Cuban Black Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies, and veggies					
<b>25</b> Breakfast: WG Muffin, String Cheese, fresh fruit  Lunch: Chicken Salad Sandwich, fresh fruit, and veggies  Alt. Lunch: (V, GF) Caesar Salad with Chickpeas, Whole Wheat Roll, fresh fruit, and veggies	<b>26</b> Breakfast: Cheddar Stick 0.75oz, Golden Grahams Cereal Bowl- 1oz, fresh fruit  Lunch: Taco Salad, Frito Chip 2 oz Packs, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit, and veggies	<b>27</b> Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit  Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies  Alt. Lunch: (V) Veggie and Cheese Sandwich, fresh fruit, and veggies	<b>28</b> Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit  Lunch: Chicken Caesar Salad, Whole Wheat Roll, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) Protein Pack, fresh fruit, and veggies	<b>29</b> Lunch: No School					

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.