



Summit- Sierra

FEATURE OF THE MONTH

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