



## **Summit-Atlas**

FEATURE OF THE MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Breakfast: String Cheese, Cocoa Puffs, Reduced Sugar 1oz Bowl, fresh fruit Lunch: Chicken Caesar Salad, Whole Wheat Roll, fresh fruit
				Alt. Lunch: (V, GF) Caesar Salad with Chickpeas, Whole Wheat Roll, fresh fruit
Breakfast: String Cheese, Cinnamon Chex Bowl, fresh fruit	Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit	Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: ( <i>GF</i> , <i>DF</i> ) Meaty Chili, Frito Chip 2 oz Packs,	Breakfast: Whole Wheat Bagel, Cream Cheese, 7 fresh fruit	Breakfast: WG Strawberry Poptart, Cheddar Stick 0.75oz, fresh fruit
Lunch: Chicken Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies	Lunch: Taco Salad, Frito Chip 2 oz Packs, fresh fruit	fresh fruit, and veggies	Lunch: ( <i>DF</i> ) Turkey Hot Dog, fresh fruit, Frozen Diced Carrots	Lunch: ( <i>DF</i> ) Breaded Chicken Breast Sandwich, fresh fruit, and veggies
Alt. Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies	Alt. Lunch: Cheesy Quesadilla (Tray), fresh fruit, and veggies	Alt. Lunch: (V) Cheesy Beans and Rice, Frito Chip 1oz Packs, fresh fruit, and veggies	Alt. Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, Frozen Diced Carrots	Alt. Lunch: ( <i>GF Filling</i> , <i>V</i> , <i>DF</i> ) Soft Taco w/ Pinto Beans, fresh fruit, and veggies
Breakfast: 11 String Cheese, Frosted Flakes Cereal Bowl - 1oz, fresh fruit	Breakfast: <b>12</b> WG Mulfin, Cheddar Stick 0.75oz, fresh fruit	Breakfast: 13 Whole Wheat Bagel, Cream Cheese, fresh fruit	Breakfast: 14 WG Strawberry Poptart, String Cheese, fresh fruit	Breakfast: Cheddar Stick 0.75oz, Cocoa Puffs, Reduced Sugar 1oz Bowl, fresh fruit
Lunch: ( <i>DF</i> ) Orange Chicken and Rice, Whole Wheat Roll, fresh fruit, and veggies	Lunch: ( <i>DF</i> ) Popcorn Chicken, Whole Wheat Roll, fresh fruit, and veggies	Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies	Lunch: ( <i>DF</i> ) Chicken Corn Dog Bites, fresh fruit, and veggies	Lunch: Chicken Pot Pie, Whole Wheat Roll, fresh fruit, and veggies
Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies		Alt. Lunch: Waffle Lunch, fresh fruit, and veggies	Alt. Lunch: (V) Vegetarian Pot Pie, Whole Wheat Roll, fresh fruit, and veggies
Breakfast: 18 String Cheese, Cinnamon Chex Bowl, fresh fruit	Breakfast: 19 Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit	Breakfast: WG Muffin, String Cheese, fresh fruit Lunch:	Breakfast: 221 Cheddar Stick 0.75oz, Cinnamon Chex Bowl, fresh fruit	Breakfast: 22 Whole Wheat Bagel, Cream Cheese, fresh fruit
Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	Lunch: Cheeseburger, fresh fruit, and veggies	Chicken Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies	Lunch: Chicken Caesar Salad, Whole Wheat Roll, fresh fruit	Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies
Alt. Lunch: (V, DF) French Toast Stick Lunch, Maple Syrup Cup, fresh fruit, and veggies	Alt. Lunch: Cheesy Quesadilla (Tray), fresh fruit, and veggies	Alt, Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies	Alt. Lunch: (V, GF) Caesar Salad with Chickpeas, Whole Wheat Roll, fresh fruit	
Lunch: 25 No School	Lunch: 26 No School	Lunch: 27 No School	Lunch: 28 No School	Lunch: 29 No School
DF - Dairy Free GF - Glu	ten Free V - Vegeta	ALL N	MEALS ARE SERVED WI ALL MEALS ARE SERV	TH FRESH FRUITS AND ED WITH A∕γ⊭AREFATH PS