



Summit-Olympus High School

FEATURE OF THE MONTH

Umpqua Dairy

Umpqua Dairy is the largest family owned dairy in southern Oregon. They receive fresh milk from family farms located in Oregon and SW Washington. These farmers take pride in keeping their animals healthy. The family farms have made a commitment to customers by producing milk that comes from cows not treated with rBST/rBGH*.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1 Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit Lunch: Turkey Provolone Lettuce Tomato, fresh fruit, and veggies Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	2 Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	3 Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies			
6 Lunch: No School	7 Breakfast: String Cheese, WG Muffin, fresh fruit Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl, fresh fruit, and veggies	8 Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: Turkey Cheddar Lettuce Tomato, fresh fruit, and veggies Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	9 Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V, DF) Hearty Spaghetti, WG Garlic Bread, fresh fruit, and veggies	10 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies					
13 Breakfast: Hardboiled Egg, Honey Graham Toasters 2oz, fresh fruit Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies Alt. Lunch: (V, DF) Hearty Spaghetti, WG Garlic Bread, fresh fruit, and veggies	14 Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit Lunch: (V) Cheesy Beans and Rice, fresh fruit, and veggies	15 Breakfast: WG Muffin, Yoplait Raspberry Yogurt, fresh fruit Lunch: Turkey Provolone Lettuce Tomato, fresh fruit, and veggies Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	16 Breakfast: Cheddar Cheese Stick, Honey Scooters 2oz, fresh fruit Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies	17 Breakfast: String Cheese, WG Muffin, fresh fruit Lunch: (DF) Chicken Bites, fresh fruit, and veggies, and veggies Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies, and veggies					
20 Breakfast: Honey Scooters 2oz, Hardboiled Egg, fresh fruit Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies	21 Breakfast: Cheddar Cheese Stick, WG Muffin, fresh fruit Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies Alt. Lunch: (V, DF) Teriyaki Black Bean & Rice, fresh fruit, and veggies	22 Breakfast: String Cheese, Honey Graham Toasters 2oz, fresh fruit Lunch: Turkey Provolone Lettuce Tomato, fresh fruit, and veggies Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	23 Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies, and veggies	24 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: Corn Dog Bites, fresh fruit, and veggies Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies					
27 Breakfast: Hardboiled Egg, Honey Scooters 2oz, fresh fruit Lunch: (GF Filling, DF) Soft Chicken Tacos, fresh fruit, and veggies Alt. Lunch: (GF Filling, V, DF) Soft Taco w/ Pinto Beans, fresh fruit, and veggies	28 Breakfast: Cheddar Cheese Stick, WG Muffin, fresh fruit Lunch: Somalian Chicken & Rice, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Egg Fried Rice, fresh fruit, and veggies	29 Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit Lunch: Turkey Cheddar Lettuce Tomato, fresh fruit, and veggies Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	30 Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies						

DF - Dairy Free

GF - Gluten Free

V - Vegetarian

ALL MEALS ARE SERVED WITH FRESH FRUITS AND VEGETABLES
 ALL MEALS ARE SERVED WITH A VARIETY OF MILK

The USDA and Summit are equal opportunity providers.