



# Summit-Sierra 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	
Breakfast: Hardboiled Egg, GF WH Honey Nut Cereal , fresh fruit	<b>1</b>	Breakfast: WG Muffin, String Cheese, fresh fruit	<b>2</b>	Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit	<b>3</b>	Breakfast: GF WG Original Cheerios , Cheddar Cheese Stick, fresh fruit	<b>4</b>	Breakfast: WG Muffin, String Cheese, fresh fruit	<b>5</b>
Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies, and veggies		Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl, fresh fruit, and veggies		Lunch: Turkey Cheddar Lettuce Tomato , fresh fruit, and veggies		Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, and veggies		Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	
				Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies		Alt. Lunch: (V, DF) Hearty Spaghetti, WG Garlic Bread, fresh fruit, and veggies			
Breakfast: Hardboiled Egg, GF WH Honey Nut Cereal , fresh fruit	<b>8</b>	Breakfast: WG Muffin, String Cheese, fresh fruit	<b>9</b>	Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit	<b>10</b>	Lunch: No School	<b>11</b>	Breakfast: WG Muffin, String Cheese, fresh fruit	<b>12</b>
Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies		Lunch: (V) Cheesy Beans and Rice, fresh fruit, and veggies		Lunch: Turkey Provolone Lettuce Tomato, fresh fruit, and veggies				Lunch: (DF) Chicken Bites, fresh fruit, and veggies	
Alt. Lunch: (V, DF) Hearty Spaghetti, WG Garlic Bread, fresh fruit, and veggies				Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies				Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	
Breakfast: Hardboiled Egg, GF WH Honey Nut Cereal , fresh fruit	<b>15</b>	Breakfast: WG Muffin, Cheddar Cheese Stick, fresh fruit	<b>16</b>	Breakfast: GF WG Original Cheerios , String Cheese, fresh fruit	<b>17</b>	Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit	<b>18</b>	Breakfast: WG Muffin, String Cheese, fresh fruit	<b>19</b>
Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies		Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies		Lunch: Turkey Cheddar Lettuce Tomato , fresh fruit, and veggies		Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies, and veggies		Lunch: Corn Dog Bites, fresh fruit, and veggies	
		Alt. Lunch: (V, DF) Teriyaki Black Bean & Rice, fresh fruit, and veggies		Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies				Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	
Lunch: No School	<b>22</b>		<b>23</b>		<b>24</b>		<b>25</b>		<b>26</b>
Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit	<b>29</b>	Breakfast: String Cheese, GF WH Honey Nut Cereal , fresh fruit	<b>30</b>						
Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies		Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl, 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.