



# 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	
				<b>Breakfast:</b> WG Muffin, String Cheese, fresh fruit <b>1</b>  <b>Lunch:</b> Turkey Cheddar Lettuce Tomato , fresh fruit, and veggies  <b>Alt. Lunch: (V)</b> Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	<b>Breakfast:</b> GF WH Honey Nut Cereal , Hardboiled Egg, fresh fruit <b>2</b>  <b>Lunch: (V)</b> Mozzarella Pasta Bake, WG Garlic Bread, fresh fruit, and veggies  <b>Alt. Lunch:</b> Chicken Caesar Salad, Whole Wheat Roll, fresh fruit	<b>Breakfast:</b> WG Muffin, String Cheese, fresh fruit <b>3</b>  <b>Lunch: (V)</b> Traditional Pizza Bagel, fresh fruit, and veggies, and veggies			
<b>Breakfast:</b> String Cheese, GF WG Original Cheerios , fresh fruit <b>6</b>  <b>Lunch: (V)</b> Mozzarella Pasta Bake, WG Garlic Bread, fresh fruit, and veggies  <b>Alt. Lunch:</b> Chicken Caesar Salad, Whole Wheat Roll, fresh fruit	<b>Breakfast:</b> Hardboiled Egg, WG Muffin, fresh fruit <b>7</b>  <b>Lunch: (DF)</b> Breaded Chicken Breast Sandwich, fresh fruit, and veggies  <b>Alt. Lunch: (V)</b> Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	<b>Breakfast:</b> Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit <b>8</b>  <b>Lunch:</b> Turkey Provolone Lettuce Tomato, fresh fruit, and veggies  <b>Alt. Lunch: (V)</b> Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	<b>Breakfast:</b> GF WH Honey Nut Cereal , String Cheese, fresh fruit <b>9</b>  <b>Lunch:</b> Chicken Pasta Alfredo, WG Garlic Bread, fresh fruit, and veggies  <b>Alt. Lunch: (V)</b> Pasta Alfredo, WG Garlic Bread, fresh fruit, and veggies	<b>Breakfast:</b> Cheddar Cheese Stick, WG Muffin, fresh fruit <b>10</b>  <b>Lunch: (DF)</b> Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies, and veggies  <b>Alt. Lunch: (V)</b> Traditional Pizza Bagel, fresh fruit, and veggies, and veggies					
<b>Breakfast:</b> Hardboiled Egg, GF WG Original Cheerios , fresh fruit <b>13</b>  <b>Lunch: (V)</b> Bean and Cheese Burrito, fresh fruit, and veggies	<b>Breakfast:</b> WG Muffin, String Cheese, fresh fruit <b>14</b>  <b>Lunch: (DF)</b> Teriyaki Chicken with Rice, fresh fruit, and veggies  <b>Alt. Lunch: (V, DF)</b> Teriyaki Black Bean & Rice, fresh fruit, and veggies	<b>Breakfast:</b> Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit <b>15</b>  <b>Lunch:</b> Turkey Cheddar Lettuce Tomato , fresh fruit, and veggies  <b>Alt. Lunch: (V)</b> Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	<b>Breakfast:</b> GF WH Honey Nut Cereal , Cheddar Cheese Stick, fresh fruit <b>16</b>  <b>Lunch: (GF Filling, DF)</b> Soft Chicken Tacos, fresh fruit, and veggies  <b>Alt. Lunch: (GF Filling, V, DF)</b> Soft Taco w/ Pinto Beans, fresh fruit, and veggies	<b>Breakfast:</b> WG Muffin, String Cheese, fresh fruit <b>17</b>  <b>Lunch:</b> Corn Dog Bites, fresh fruit, and veggies, and veggies  <b>Alt. Lunch: (V)</b> Traditional Pizza Bagel, fresh fruit, and veggies, and veggies					
	<b>20</b>		<b>21</b>		<b>22</b>		<b>23</b>		<b>24</b>
	<b>27</b>		<b>28</b>		<b>29</b>		<b>30</b>		<b>31</b>

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.