



Summit-Atlas Middle/High School

FEATURE OF THE MONTH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
Lunch: No School		3 Breakfast: String Cheese, WG Muffin, fresh fruit Lunch: Chicken Pasta Alfredo, WG Garlic Bread, fresh fruit, and veggies Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	4 Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: Turkey and Provolone Sandwich, fresh fruit, and veggies Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	5 Breakfast: GF WG Original Cheerios , Cheddar Cheese Stick, fresh fruit Lunch: (GF Filling, DF) Soft Chicken Tacos, fresh fruit, and veggies, and veggies Alt. Lunch: Cheesy Quesadilla, fresh fruit, and veggies, and veggies	6 Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit Lunch: (DF) Teriyaki Chicken with Rice, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies					
10 Breakfast: Cheddar Cheese Stick, GF WH Honey Nut Cereal , fresh fruit Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	11 Breakfast: WG Muffin, Cheddar Cheese Stick, fresh fruit Lunch: (GF Filling, DF) Soft Chicken Tacos, fresh fruit, and veggies Alt. Lunch: Cheesy Quesadilla, fresh fruit, and veggies	12 Breakfast: GF WG Original Cheerios , String Cheese, fresh fruit Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	13 Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies, and veggies Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies, and veggies	14 Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit Lunch: Chicken Pasta Alfredo, WG Garlic Bread, fresh fruit, and veggies Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies						
Lunch: No School	17 Breakfast: Cheddar Cheese Stick, WG Muffin, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	18 Breakfast: Cheddar Cheese Stick, GF WG Original Cheerios , fresh fruit Lunch: Turkey and Provolone Sandwich, fresh fruit, and veggies Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	19 Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit Lunch: (GF Filling, DF) Soft Chicken Tacos, fresh fruit, and veggies Alt. Lunch: Cheesy Quesadilla, fresh fruit, and veggies	20 Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies, and veggies Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies, and veggies						
24 Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: Chicken Pasta Alfredo, WG Garlic Bread, fresh fruit, and veggies Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	25 Breakfast: String Cheese, GF WH Honey Nut Cereal , fresh fruit Lunch: (DF) Teriyaki Chicken with Rice, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	26 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	27 Breakfast: GF WG Original Cheerios , Cheddar Cheese Stick, fresh fruit Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, and veggies Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	28 Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit Lunch: (GF Filling, DF) Soft Chicken Tacos, fresh fruit, and veggies, and veggies Alt. Lunch: Cheesy Quesadilla, fresh fruit, and veggies, 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.