



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: WG Muffin, Cheddar Cheese Stick, fresh fruit Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	2	Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	3	Breakfast: String Cheese, GF WG Original Cheerios , 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: Whole Wheat Bagel, Cream Cheese, fresh fruit Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies, and veggies Alt. Lunch: (DF) Teriyaki Chicken with Rice, Whole Wheat Roll, fresh fruit, and veggies, and veggies
7	Breakfast: Cheddar Cheese Stick, GF WH Honey Nut Cereal , fresh fruit Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, and veggies Alt. Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies	8	Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	9	Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	10	Breakfast: GF WG Original Cheerios , Cheddar Cheese Stick, fresh fruit Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	11	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
14	Breakfast: Cheddar Cheese Stick, 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	15	Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Egg Fried Rice, Whole Wheat Roll, fresh fruit, and veggies	16	Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: Chicken Salad Sandwich, fresh fruit, and veggies Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	17	Breakfast: GF WG Original Cheerios , Cheddar Cheese Stick, fresh fruit Lunch: (GF Filling, DF) Soft Chicken Tacos, fresh fruit, and veggies Alt. Lunch: Cheesy Quesadilla, fresh fruit, and veggies	18	Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies, and veggies Alt. Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies, and veggies
21	Lunch: No School	22		23		24		25	
28	Breakfast: GF WH Honey Nut Cereal , Cheddar Cheese Stick, fresh fruit Lunch: (GF Filling, DF) Soft Chicken Tacos, fresh fruit, and veggies Alt. Lunch: Cheesy Quesadilla, 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.