



Summit-Sierra

FEATURE OF THE MONTH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p>Breakfast: GF WH Honey Nut Cereal , Hardboiled Egg, fresh fruit</p> <p>Lunch: (GF Filling, DF) Soft Chicken Tacos, fresh fruit, and veggies</p> <p>Alt. Lunch: (GF Filling, V, DF) Soft Taco w/ Pinto Beans, fresh fruit, and veggies</p>	2	<p>Breakfast: Cheddar Cheese Stick, WG Muffin, fresh fruit</p> <p>Lunch: Somalian Chicken & Rice, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Egg Fried Rice, Whole Wheat Roll, fresh fruit, and veggies</p>	3	<p>Breakfast: Cheddar Cheese Stick, GF WG Original Cheerios , fresh fruit</p> <p>Lunch: Turkey and Provolone Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies</p>	4	<p>Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit</p> <p>Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies</p>	5	<p>Breakfast: String Cheese, WG Muffin, fresh fruit</p> <p>Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies, and veggies</p>	6
<p>Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit</p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p>	9	<p>Breakfast: String Cheese, GF WH Honey Nut Cereal , fresh fruit</p> <p>Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl, WG Chip Packs, fresh fruit, and veggies</p>	10	<p>Breakfast: WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies</p>	11	<p>Breakfast: GF WG Original Cheerios , Hardboiled Egg, fresh fruit</p> <p>Lunch: (V) Mozzarella Pasta Bake, WG Garlic Bread, fresh fruit, and veggies</p>	12	<p>Breakfast: WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies, and veggies</p>	13
<p>Breakfast: String Cheese, GF WH Honey Nut Cereal , fresh fruit</p> <p>Lunch: Corn Dog Bites, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p>	16	<p>Breakfast: Hardboiled Egg, WG Muffin, fresh fruit</p> <p>Lunch: (V) Cheesy Beans and Rice, WG Chip Packs, fresh fruit, and veggies</p>	17	<p>Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit</p> <p>Lunch: Turkey and Provolone Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies</p>	18	<p>Breakfast: GF WG Original Cheerios , String Cheese, fresh fruit</p> <p>Lunch: Chicken Pasta Alfredo, WG Garlic Bread, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Pasta Alfredo, WG Garlic Bread, fresh fruit, and veggies</p>	19	<p>Breakfast: Cheddar Cheese Stick, WG Muffin, fresh fruit</p> <p>Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies, and veggies</p>	20
<p>Breakfast: Hardboiled Egg, GF WH Honey Nut Cereal , fresh fruit</p> <p>Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies</p>	23	<p>Breakfast: WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: (DF) Teriyaki Chicken with Rice, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, DF) Teriyaki Black Bean & Rice, Whole Wheat Roll, fresh fruit, and veggies</p>	24	<p>Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit</p> <p>Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies</p>	25	<p>Breakfast: GF WG Original Cheerios , Cheddar Cheese Stick, fresh fruit</p> <p>Lunch: (GF Filling, DF) Soft Chicken Tacos, fresh fruit, and veggies</p> <p>Alt. Lunch: (GF Filling, V, DF) Soft Taco w/ Pinto Beans, fresh fruit, and veggies</p>	26	<p>Breakfast: WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: Corn Dog Bites, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies, and veggies</p>	27
<p>Lunch: No School</p>	30	<p>Breakfast: WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: Somalian Chicken & Rice, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Egg Fried Rice, Whole Wheat Roll, fresh fruit, and veggies</p>	31						

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.