

Summit-Atlas

FEATURE OF THE MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Breakfast: 1 Frosted Flakes , Cheddar Stick 1 oz, fresh fruit Lunch: Turkey and Provolone Sandwich, fresh fruit, and veggies Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit Lunch: (<i>DF</i>) Turkey Hot Dog, fresh fruit, and veggies Alt. Lunch: (<i>V, DF</i>) Hearty Spaghetti, WG Garlic Bread, fresh fruit, and veggies	Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, and veggies, and veggies Alt. Lunch: (V, DF) Hearty Spaghetti, WG Garlic Bread, fresh fruit, and veggies, and veggies
Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies Alt. Lunch: (V) Cheesy Beans and Rice, Frito Chip 2 oz Packs, fresh fruit, and veggies	Breakfast: String Cheese, Honey Graham Toasters, fresh fruit Lunch: (V, GF, DF) Hearty Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Egg Fried Rice, Whole Wheat Roll, fresh fruit, and veggies	Breakfast: 8 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	Breakfast: Scooters, Cheddar Stick 1 oz, fresh fruit Lunch: (V) Mozzarella Pasta Bake, WG Garlic Bread, fresh fruit, and veggies Alt. Lunch: Biscuits and Gravy, fresh fruit, and veggies	Breakfast: 10 Cream Cheese, Whole Wheat Bagel, fresh fruit Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies, and veggies Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies, and veggies
Breakfast: String Cheese, fresh fruit, Honey Graham Toasters Lunch: (<i>DF</i>) Turkey Hot Dog, fresh fruit, and veggies Alt. Lunch: (<i>V</i>) Traditional Pizza Bagel, fresh fruit, and veggies	Breakfast: 14 Cheddar Stick 1 oz, WG Muffin, fresh fruit Lunch: (DF) Teriyaki Chicken with Rice, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V) Cheesy Beans and Rice, Frito Chip 2 oz Packs, fresh fruit, and veggies	Lunch: No School	16	17
20	21	22	23	24
27	28	29	30	