

Summit-Atlas

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	2	3	4	5
8	9	10	11	12
15	16	Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggles Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggles	Breakfast: Frosted Flakes Cereal Bowl - 1oz, Cheddar Stick 1oz, fresh fruit Lunch: (<i>DF</i>) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (<i>V</i>) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit Lunch: Corn Dog Bites, fresh fruit, and veggies, and veggies Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies, and veggies
Breakfast: Cheddar Stick 1oz, Honey Graham Toasters Bowl 1oz, fresh fruit Lunch: (<i>DF</i>) Breaded Chicken Breast Sandwich, fresh fruit, and veggles Alt. Lunch: (<i>V</i>) Cheesy Beans and Rice, fresh fruit, and veggles	Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (<i>DF</i>) Teriyaki Chicken with Rice, fresh fruit, and veggies Alt. Lunch: (<i>V</i> , <i>GF</i> , <i>DF</i>) Egg Fried Rice, fresh fruit, and veggies	Breakfast: Yoplait Raspberry Yogurt, Cinnamon 24 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	Breakfast: Frosted Flakes Cereal Bowl - 1oz, Cheddar Stick 1oz, fresh fruit Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies Alt. Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies	Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit Lunch: (<i>DF</i>) Whole Grain Chicken Corn Dog, fresh fruit, and veggies, and veggies Alt. Lunch: (<i>V</i>) Traditional Pizza Bagel, fresh fruit, and veggies, and veggies
Breakfast: Honey Graham Toasters Bowl 1oz, Cheddar Stick 1oz, fresh fruit Lunch: Chicken Pasta Alfredo, WG Garlic Bread, fresh fruit, and veggies, and veggies Alt. Lunch: (V) Pasta Alfredo, WG Garlic Bread, fresh fruit, and veggies, and veggies	Breakfast: WG Muffin, String Cheese, fresh fruit 30 Lunch: (<i>DF</i>) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (<i>V</i>) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	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		

DF - Dairy Free

GF - Gluten Free

V - Vegeta

ALL MEALS ARE SERVED WITH FRESH FRUITS AND ALL MEALS ARE SERVED WITH A LARIEUT OF