



# Summit-Sierra

## FEATURE OF THE MONTH

### E.Z. Orchards

E.Z. Orchards and farm market are located on the outskirts of Salem and in the heart of the Willamette Valley. The Zielinski family owns and operates the farm that was established in 1929. Fresh n' Local Foods has a wonderful partnership with E.Z. Orchards and they provide us with beautiful, delicious, locally grown apples and pears!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>Breakfast: Honey Graham Toasters Bowl 1oz, String Cheese, fresh fruit Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies</p>	<p><b>4</b></p> <p>Breakfast: WG Muffin, Colby Jack Stick, fresh fruit Lunch: Chicken Quesadilla, fresh fruit, and veggies Alt. Lunch: Cheesy Quesadilla, fresh fruit, and veggies</p>	<p><b>5</b></p> <p>Breakfast: Hardboiled Egg, WG Pancake, fresh fruit, Apple Butter Cup Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Alt. Lunch: (DF) Cheeseburger, fresh fruit, and veggies</p>	<p><b>6</b></p> <p>Breakfast: String Cheese, Frosted Flakes Cereal Bowl - 1oz, fresh fruit Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Beyond Spaghetti, WG Garlic Bread, fresh fruit, and veggies</p>	<p><b>7</b></p> <p>Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit Lunch: Cajun Chicken &amp; Rice, fresh fruit, and veggies, and veggies Alt. Lunch: Cajun Red Beans &amp; Rice, fresh fruit, and veggies, and veggies</p>
<p><b>10</b></p> <p>Lunch: No School</p>	<p><b>11</b></p> <p>Breakfast: WG Muffin, Colby Jack Stick, fresh fruit Lunch: Burrito Bowl, fresh fruit, and veggies Alt. Lunch: Vegan Burrito Bowl, fresh fruit, and veggies</p>	<p><b>12</b></p> <p>Breakfast: WW Waffle, Hardboiled Egg, fresh fruit, Maple Syrup Cup Lunch: Fish Stick Shapes, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Egg Fried Rice, fresh fruit, and veggies</p>	<p><b>13</b></p> <p>String Cheese, Frosted Flakes Cereal Bowl - 1oz, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and</p>	<p><b>14</b></p> <p>Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit Lunch: (GF, DF) Curry Chicken and Quinoa, fresh fruit, and veggies, and veggies Alt. Lunch: (V, GF, DF) Cuban Black Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies, and veggies</p>
<p><b>17</b></p> <p>Breakfast: Honey Graham Toasters Bowl 1oz, String Cheese, fresh Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies</p>	<p><b>18</b></p> <p>Breakfast: Colby Jack Stick, WG Muffin, fresh fruit Lunch: (V) Cheesy Beans and Rice, WG Chip Packs, fresh fruit, and veggies Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p>	<p><b>19</b></p> <p>Breakfast: WG French Toast Sticks, Hardboiled Egg, fresh fruit, Maple Syrup Cup Lunch: Corn Dog Bites, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Curry Chickpeas and Quinoa, String Cheese, fresh fruit, and veggies</p>	<p><b>20</b></p> <p>Breakfast: String Cheese, Frosted Flakes Cereal Bowl - 1oz, fresh fruit Lunch: Chicken Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies</p>	<p><b>21</b></p> <p>Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit Lunch: (GF, DF) Teriyaki Chicken with Rice, fresh fruit, and veggies, and veggies Alt. Lunch: (V, GF, DF) Teriyaki Black Bean &amp; Rice, fresh fruit, and veggies, and veggies</p>
<p><b>24</b></p> <p>Breakfast: String Cheese, Honey Graham Toasters Bowl 1oz, fresh fruit Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Beyond Spaghetti, WG Garlic Bread, fresh fruit, and veggies</p>	<p><b>25</b></p> <p>Breakfast: WG Muffin, Colby Jack Stick, fresh fruit Lunch: (GF, DF) Meaty Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Vegan Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>	<p><b>26</b></p> <p>Breakfast: Hardboiled Egg, WG Pancake, fresh fruit, Strawberry Jam Cup Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Vegan Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>	<p><b>27</b></p> <p>Breakfast: Frosted Flakes Cereal Bowl - 1oz, String Cheese, fresh fruit Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p>	<p><b>28</b></p> <p>Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit Lunch: Biscuits and Gravy, fresh fruit, and veggies, and veggies Alt. Lunch: (V, GF, DF) Egg Fried Rice, Whole Wheat Roll, fresh fruit, and veggies, and veggies</p>
<p><b>31</b></p> <p>Breakfast: String Cheese, Honey Graham Toasters Bowl 1oz, fresh fruit Lunch: (DF) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies</p>				

DF - Dairy Free

GF - Gluten Free

V - Vegeta

ALL MEALS ARE SERVED WITH FRESH FRUITS AND ALL MEALS ARE SERVED WITH A VARIETY OF MILK

This institution is an equal opportunity provider.