



# 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
			<p>Breakfast: Frosted Flakes Cereal Bowl - 1oz, String Cheese, fresh fruit <b>1</b></p> <p>Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, fresh fruit</p> <p>Alt. Lunch: (V, GF, DF) Beyond Spaghetti, fresh fruit, fresh fruit</p>	<p>Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit <b>2</b></p> <p>Lunch: Cajun Chicken &amp; Rice, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: Cajun Red Beans &amp; Rice, fresh fruit, and veggies, and veggies</p>
<p>Breakfast: Honey Graham Toasters Bowl 1oz, String Cheese, fresh fruit <b>5</b></p> <p>Lunch: Chicken Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>Breakfast: WG Muffin, Colby Jack Stick, fresh fruit <b>6</b></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>	<p>Breakfast: WG French Toast Sticks, Hardboiled Egg, fresh fruit, Apple Butter Cup <b>7</b></p> <p>Lunch: Fish Stick Shapes, fresh fruit, fresh fruit</p> <p>Alt. Lunch: (V, GF, DF) Egg Fried Rice, Whole Wheat Roll, fresh fruit, fresh fruit</p>	<p>Breakfast: String Cheese, Frosted Flakes Cereal Bowl - 1oz, fresh fruit <b>8</b></p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies</p>	<p>Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit <b>9</b></p> <p>Lunch: (GF, DF) Curry Chicken and Quinoa, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Cuban Black Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies, and veggies</p>
<p>Breakfast: Honey Graham Toasters Bowl 1oz, String Cheese, fresh fruit <b>12</b></p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, fresh fruit</p> <p>Alt. Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, fresh fruit</p>	<p>Breakfast: Colby Jack Stick, WG Muffin, fresh fruit <b>13</b></p> <p>Lunch: (V, GF, DF) DF Mexican Bean &amp; Rice Bowl, WG Chip Packs, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p>	<p>Breakfast: WG Pancake, Hardboiled Egg, fresh fruit, Maple Syrup Cup <b>14</b></p> <p>Lunch: Corn Dog Bites, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Curry Chickpeas and Quinoa, String Cheese, fresh fruit, and veggies</p>	<p>Breakfast: String Cheese, Frosted Flakes Cereal Bowl - 1oz, fresh fruit <b>15</b></p> <p>Lunch: Chicken Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit <b>16</b></p> <p>Lunch: (GF, DF) Teriyaki Chicken with Rice, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Teriyaki Black Bean &amp; Rice, fresh fruit, and veggies, and veggies</p>
19	20	21	22	23
26	27	28	29	30

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.