



Summit-Atlas

FEATURE OF THE MONTH



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

				<p>Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit</p> <p>Lunch: (DF) Popcorn Chicken, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Cheesy Beans and Rice, WG Chip Packs, fresh fruit, and veggies, and veggies</p> <p>1</p>
<p>Lunch: No School</p> <p>4</p>	<p>Breakfast: Apple Cinnamon Cheerios Bowl, Cheddar Stick 0.75oz, fresh fruit</p> <p>Lunch: Corn Dog Bites, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p> <p>5</p>	<p>Breakfast: WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: (DF) Orange Chicken and Rice, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, DF) Waffle Breakfast, fresh fruit, Maple Syrup Cup, and veggies</p> <p>6</p>	<p>Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit</p> <p>Lunch: Chicken Caesar Salad, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF) Caesar Salad with Chickpeas, Whole Wheat Roll, fresh fruit, and veggies</p> <p>7</p>	<p>Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit</p> <p>Lunch: Cheeseburger, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies, and veggies</p> <p>8</p>
<p>Breakfast: Golden Grahams Cereal Bowl- 1oz, String Cheese, fresh fruit</p> <p>Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies</p> <p>11</p>	<p>Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit</p> <p>Lunch: Corn Dog Bites, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Breakfast Burrito, fresh fruit, and veggies</p> <p>12</p>	<p>Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit</p> <p>Lunch: Taco Salad, Frito Chip 2 oz Packs, fresh fruit</p> <p>Alt. Lunch: Cheesy Quesadilla (Tray), fresh fruit, and veggies</p> <p>13</p>	<p>Breakfast: Cheddar Stick 0.75oz, WG Muffin, fresh fruit</p> <p>Lunch: Chicken Pasta Alfredo, Whole Wheat Roll, fresh fruit, fresh fruit</p> <p>Alt. Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, fresh fruit</p> <p>14</p>	<p>Breakfast: WG Strawberry Poptart, String Cheese, fresh fruit</p> <p>Lunch: Fish Sticks, Whole Wheat Roll, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V, GF) Caesar Salad with Chickpeas, Whole Wheat Roll, fresh fruit, and veggies, and veggies</p> <p>15</p>
<p>Breakfast: Cinnamon Chex Bowl, String Cheese, fresh fruit</p> <p>Lunch: Chicken Quesadilla (Tray), fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: Cheesy Quesadilla (Tray), fresh fruit, and veggies, and veggies</p> <p>18</p>	<p>Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit</p> <p>Lunch: (DF) Popcorn Chicken, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p> <p>19</p>	<p>Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit</p> <p>Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies</p> <p>Alt. Lunch: French Toast, Maple Syrup Cup, fresh fruit, and veggies</p> <p>20</p>	<p>Breakfast: String Cheese, WG Strawberry Poptart, fresh fruit</p> <p>Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies</p> <p>Alt. Lunch: Cheesy Quesadilla (Tray), fresh fruit, and veggies</p> <p>21</p>	<p>Breakfast: WG Muffin, Cheddar Stick 0.75oz, fresh fruit</p> <p>Lunch: Chicken Caesar Salad, Whole Wheat Roll, fresh fruit</p> <p>Alt. Lunch: (V, GF) Caesar Salad with Chickpeas, Whole Wheat Roll, fresh fruit</p> <p>22</p>
<p>Breakfast: String Cheese, Frosted Flakes Cereal Bowl - 1oz, fresh fruit</p> <p>Lunch: Chicken Pot Pie, Whole Wheat Roll, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V) Vegetarian Pot Pie, Whole Wheat Roll, fresh fruit, and veggies, and veggies</p> <p>25</p>	<p>Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit</p> <p>Lunch: Corn Dog Bites, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies, and veggies</p> <p>26</p>	<p>Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit</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>27</p>	<p>Breakfast: String Cheese, WG Muffin, fresh fruit</p> <p>Lunch: (V, GF) Macho Nacho Pack, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Protein Pack, fresh fruit, and veggies</p> <p>28</p>	<p>Lunch: No School</p> <p>29</p>

DF - Dairy Free

GF - Gluten Free

V - Vegetarian

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

This institution is an equal opportunity provider.