

Summit-Atlas

FEATURE OF THE MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast: String Cheese, Cinnamon Chex Bowl, fresh fruit	Breakfast: Cheddar Stick 0.75oz, WG Muffin, fresh fruit	Breakfast: WG Strawberry Poptart, Cheddar Stick 0.75oz, fresh fruit	Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit	Breakfast: Apple Cinnamon Cheerios Bowl, String Cheese, fresh fruit
Lunch: Fish Sticks, Whole Wheat Roll, fresh fruit, and veggies	Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	Lunch: (<i>DF</i>) Whole Grain Chicken Corn Dog, fresh fruit, and veggies	Lunch: Chicken Caesar Salad, fresh fruit
Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies		Alt. Lunch: (V, DF) Pancake Breakfast, Maple Syrup Cup, fresh fruit, and veggies	Alt. Lunch: Cheesy Quesadilla (Tray), fresh fruit, and veggies	Alt. Lunch: (V. GF) Caesar Salad with Chickpeas, Whole Wheat Roll, fresh fruit
Lunch: No School	Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit Lunch: Taco Salad, Frito Chip 2 oz Packs, fresh fruit Alt. Lunch: Cheesy Quesadilla (Tray), fresh fruit, and veggies	Breakfast: 11 WG Muffin, String Cheese, fresh fruit Lunch: (<i>GF</i> , <i>DF</i>) Meaty Chili, Frito Chip 2 oz Packs, fresh fruit, fresh fruit Alt. Lunch: (<i>V</i>) Cheesy Beans and Rice, WG Chip Packs, fresh fruit, fresh fruit	Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit Lunch: (<i>DF</i>) Turkey Hot Dog, fresh fruit, Frozen Diced Carrots Alt. Lunch: (<i>V</i>) Roasted Garlic Pizza Bagel, fresh fruit, Frozen Diced Carrots	Breakfast: Cheddar Stick 0.75oz, WG Strawberry Poptart, fresh fruit Lunch: (<i>DF</i>) Breaded Chicken Breast Sandwich, fresh fruit, and veggies, and veggies Alt. Lunch: (<i>GF Filling, V, DF</i>) Soft Taco w/ Pinto Beans, fresh fruit, and veggies, and veggies
Breakfast: Frosted Flakes Cereal Bowl - 1oz, String Cheese, fresh fruit Lunch: (<i>DF</i>) Orange Chicken and Rice, Whole Wheat Roll, fresh fruit, fresh fruit Alt. Lunch: (<i>V</i>) Traditional Pizza Bagel, fresh fruit, fresh fruit	Breakfast: Cheddar Stick 0.75oz, WG Muffin, fresh fruit Lunch: Fish Sticks, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies	Breakfast: String Cheese, WG Strawberry Poptart, fresh fruit Lunch: Corn Dog Bites, fresh fruit, and veggies Alt. Lunch: (V, DF) Waffle Breakfast, fresh fruit, and veggies	Breakfast: 20 Cheddar Stick 0.75oz, Golden Grahams Cereal Bowl- 1oz, fresh fruit Lunch: Chicken Pot Pie, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V) Vegetarian Pot Pie, Whole Wheat Roll, fresh fruit, and veggies
Breakfast: Apple Cinnamon Cheerios Bowl, String Cheese, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, fresh fruit Alt. Lunch: (V, DF) Pancake Breakfast, fresh fruit, Maple Syrup Cup, fresh fruit	Breakfast: 24 Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit Lunch: Cheeseburger, fresh fruit, and veggies Alt. Lunch: Cheesy Quesadilla (Tray), fresh fruit, fresh fruit	Breakfast: WG Muffin, String Cheese, 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	Breakfast: Cheddar Stick 0.75oz, Cinnamon Chex Bowl, fresh fruit Lunch: Taco Salad, Frito Chip 2 oz Packs, fresh fruit Alt. Lunch: (GF Filling, V, DF) Soft Taco w/ Pinto Beans, fresh fruit, and veggies	Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit Lunch: (<i>DF</i>) Popcorn Chicken, Whole Wheat Roll, fresh fruit, and veggles Alt. Lunch: (<i>V</i>) Cheesy Beans and Rice, fresh fruit, and veggles
Breakfast: 30 WG Strawberry Poptart, String Cheese, fresh fruit Lunch: (<i>DF</i>) Meaty Spaghetti, WG Garlic Bread, fresh fruit, and veggies Alt. Lunch: (<i>V</i>) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	Breakfast: Apple Cinnamon Cheerios Bowl, Cheddar Stick 0.75oz, fresh fruit Lunch: Corn Dog Bites, fresh fruit, and veggies Alt. Lunch: (V) Traditional Pizza Bagel, 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 HARIFATH P.