



Summit-Sierra

FEATURE OF THE MONTH

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

			<p>1</p> <p>Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit</p> <p>Lunch: Chicken Caesar Salad, Whole Wheat Roll, fresh fruit</p> <p>Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies</p>	<p>2</p> <p>Breakfast: String Cheese, WG Cinnamon Poptart, fresh fruit</p> <p>Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) French Toast Stick Lunch, fresh fruit, Maple Syrup Cup, and veggies</p>
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<p>5</p> <p>Breakfast: WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: (GF, DF) Teriyaki Chicken with Rice, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies</p>	<p>6</p> <p>Breakfast: Cinnamon Chex Bowl, Cheddar Stick 0.75oz, fresh fruit</p> <p>Lunch: Chicken Salad Sandwich, 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: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit</p> <p>Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>	<p>8</p> <p>Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit</p> <p>Lunch: Chicken Caesar Salad, Whole Wheat Roll, fresh fruit</p> <p>Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies</p>	<p>9</p> <p>Breakfast: String Cheese, WG Strawberry Poptart, fresh fruit</p> <p>Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p> <p>Alt. Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies</p>
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<p>12</p> <p>Breakfast: String Cheese, WG Muffin, fresh fruit</p> <p>Lunch: Cajun Chicken & Rice, fresh fruit, and veggies</p> <p>Alt. Lunch: Cheesy Quesadilla (Tray), fresh fruit, and veggies</p> <p>Alt. Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies</p>	<p>13</p> <p>Breakfast: Golden Grahams Cereal Bowl- 1oz, Cheddar Stick 0.75oz, fresh fruit</p> <p>Lunch: Chicken Salad Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF) Caesar Salad with Chickpeas, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>14</p> <p>Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit</p> <p>Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 1oz Packs, fresh fruit, and veggies</p>	<p>15</p> <p>Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit</p> <p>Lunch: Chicken Caesar Salad, Whole Wheat Roll, fresh fruit</p> <p>Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies</p>	<p>16</p> <p>Breakfast: WG Cinnamon Poptart, String Cheese, fresh fruit</p> <p>Lunch: Cheeseburger, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) French Toast Stick Lunch, fresh fruit, Maple Syrup Cup, and veggies</p> <p>Alt. Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies</p>
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<p>19</p> <p>Lunch: No School</p>	<p>20</p> <p>Lunch: No School</p>	<p>21</p> <p>Lunch: No School</p>	<p>22</p> <p>Lunch: No School</p>	<p>23</p> <p>Lunch: No School</p>
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<p>26</p> <p>Breakfast: String Cheese, WG Muffin, 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>27</p> <p>Breakfast: Golden Grahams Cereal Bowl- 1oz, Cheddar Stick 0.75oz, fresh fruit</p> <p>Lunch: Chicken Salad Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF) Caesar Salad with Chickpeas, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>28</p> <p>Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit</p> <p>Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>	<p>29</p> <p>Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit</p> <p>Lunch: Chicken Caesar Salad, Whole Wheat Roll, fresh fruit</p> <p>Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies</p>
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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.