



Summit-Sierra

FEATURE OF THE MONTH

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
| | | | | <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> |
| <p>Breakfast: WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: Burrito Bowl, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p> | <p>Breakfast: Cheddar Stick 0.75oz, Cinnamon Chex Bowl, 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</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</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) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies</p> | <p>Breakfast: String Cheese, WG Strawberry Poptart, fresh fruit</p> <p>Lunch: (DF) Chicken Corn Dog Bites, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p> |
| <p>Breakfast: String Cheese, WG Muffin, fresh fruit</p> <p>Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies</p> | <p>Breakfast: Cheddar Stick 0.75oz, Frosted Flakes Cereal Bowl - 1oz, fresh fruit</p> <p>Lunch: Chicken Salad Sandwich, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V, GF) Caesar Salad with Chickpeas, Whole Wheat Roll, fresh fruit, and veggies</p> | <p>Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit</p> <p>Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit, and veggies</p> | <p>Lunch: No School</p> | <p>Lunch: No School</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>Breakfast: Cheddar Stick 0.75oz, Golden Grahams Cereal Bowl- 1oz, 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</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</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) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies</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>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>Breakfast: Cheddar Stick 0.75oz, Cinnamon Chex Bowl, 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</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</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) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies</p> | <p>Breakfast: String Cheese, WG Cinnamon Poptart, fresh fruit</p> <p>Lunch: Cheeseburger, fresh fruit, and veggies</p> <p>Alt. Lunch: Waffle Lunch, fresh fruit, Maple Syrup Cup, 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.