



Summit-Atlas

FEATURE OF THE MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, Frozen Diced Carrots Alt. Lunch: (V) French Toast Stick Lunch, fresh fruit, Maple Syrup Cup, Frozen Diced Carrots	2 Breakfast: String Cheese, WG Strawberry Poptart, fresh fruit Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies Alt. Lunch: Cheesy Quesadilla (Tray), fresh fruit, and veggies	3 Breakfast: WG Muffin, Cheddar Stick 0.75oz, fresh fruit Lunch: Chicken Caesar Salad, Whole Wheat Roll, fresh fruit Alt. Lunch: (V, GF) Caesar Salad with Chickpeas, Whole Wheat Roll, fresh fruit
6 Breakfast: String Cheese, Frosted Flakes 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	7 Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit Lunch: (DF) Chicken Corn Dog Bites, fresh fruit, and veggies Alt. Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies	8 Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, 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	9 Breakfast: String Cheese, WG Muffin, fresh fruit Lunch: Chicken Caesar Salad, Whole Wheat Roll, fresh fruit Alt. Lunch: (V, GF) Caesar Salad with Chickpeas, Whole Wheat Roll, fresh fruit	10 Breakfast: WG Strawberry Poptart, Cheddar Stick 0.75oz, fresh fruit Lunch: Taco Salad, Frito Chip 2 oz Packs, fresh fruit Alt. Lunch: (V, GF, DF) Egg Fried Rice, Whole Wheat Roll, fresh fruit, and veggies
13 Breakfast: String Cheese, Cinnamon Chex Bowl, 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	14 Breakfast: WG Muffin, Cheddar Stick 0.75oz, fresh fruit Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	15 Breakfast: WG Strawberry Poptart, Cheddar Stick 0.75oz, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V) Pancake Lunch, fresh fruit, Maple Syrup Cup, and veggies	16 Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies Alt. Lunch: Cheesy Quesadilla (Tray), fresh fruit, and veggies	17 Breakfast: String Cheese, Apple Cinnamon Cheerios Bowl, fresh fruit Lunch: Chicken Caesar Salad, Whole Wheat Roll, fresh fruit Alt. Lunch: (V, GF) Caesar Salad with Chickpeas, Whole Wheat Roll, fresh fruit
20 Breakfast: String Cheese, Golden Grahams Cereal Bowl- 1oz, 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	21 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	22 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (GF, DF) Meaty Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies Alt. Lunch: (V) Cheesy Beans and Rice, Frito Chip 1oz Packs, fresh fruit, and veggies	23 Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit Lunch: (DF) Turkey Hot Dog, fresh fruit, Frozen Diced Carrots Alt. Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, Frozen Diced Carrots	24 Breakfast: WG Strawberry Poptart, Cheddar Stick 0.75oz, fresh fruit Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies Alt. Lunch: (GF Filling, V, DF) Soft Taco w/ Pinto Beans, fresh fruit, and veggies
27 Lunch: No School	28 Breakfast: WG Muffin, Cheddar Stick 0.75oz, 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	29 Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies	30 Breakfast: String Cheese, WG Strawberry Poptart, fresh fruit Lunch: (DF) Chicken Corn Dog Bites, fresh fruit, and veggies Alt. Lunch: Waffle Lunch, fresh fruit, Maple Syrup Cup, and veggies	31 Breakfast: Golden Grahams Cereal Bowl- 1oz, Cheddar Stick 0.75oz, 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

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.