



FEATURE OF THE MONTH

Umpqua Dairy

Umpqua Dairy is the largest family owned dairy in southern Oregon. They receive fresh milk from family farms located in Oregon and SW Washington. These farmers take pride in keeping their animals healthy. The family farms have made a commitment to customers by producing milk that comes from cows not treated with rBST/rBGH*.

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

			<p>1 Breakfast: Frosted Flakes Cereal Bowl - 1oz, Cheddar Stick 1oz, fresh fruit</p> <p>Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, and veggies</p> <p>Alt. Lunch: GF/V Beyond Spaghetti, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>	<p>2 Breakfast: String Cheese, WG Muffin, fresh fruit</p> <p>Lunch: Cajun Chicken & Rice, fresh fruit, and veggies</p> <p>Alt. Lunch: Cajun Red Beans & Rice, fresh fruit, and veggies</p>
<p>Lunch: No School</p>	<p>5 Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit</p> <p>Lunch: (V) Cheesy Beans and Rice, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Cuban Black Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>	<p>6 Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit</p> <p>Lunch: Turkey and Provolone Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies</p>	<p>7 Breakfast: Frosted Flakes Cereal Bowl - 1oz, Cheddar Stick 1oz, fresh fruit</p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) GF/V Mac and Cheese, Frito Chip 2 oz Packs, fresh fruit</p>	<p>8 Breakfast: WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Egg Fried Rice, WG Chip Packs, fresh fruit, and veggies</p>
<p>Breakfast: String Cheese, Honey Graham Toasters Bowl 1oz, fresh fruit</p> <p>Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) GF/V Mac and Cheese, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>	<p>12 Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit</p> <p>Lunch: Taco Salad, fresh fruit, and veggies</p> <p>Alt. Lunch: GF/V Taco Salad, fresh fruit, and veggies</p>	<p>13 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) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies</p>	<p>14 Breakfast: String Cheese, Frosted Flakes Cereal Bowl - 1oz, fresh fruit</p> <p>Lunch: (GF, DF) Meaty Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Hearty Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>	<p>15 Breakfast: WG Muffin, Cheddar Stick 1oz, fresh fruit</p> <p>Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, DF) Teriyaki Black Bean & Rice, fresh fruit, and veggies</p>
<p>Breakfast: String Cheese, Honey Graham Toasters Bowl 1oz, fresh fruit</p> <p>Lunch: Corn Dog Bites, fresh fruit, and veggies</p> <p>Alt. Lunch: Curry Chickpeas & Quinoa, fresh fruit, and veggies</p>	<p>19 Breakfast: Cheddar Stick 1oz, WG Muffin, fresh fruit</p> <p>Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies</p> <p>Alt. Lunch: GF/V Beyond Spaghetti, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>	<p>20 Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit</p> <p>Lunch: Turkey and Provolone Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies</p>	<p>21 Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit</p> <p>Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) GF/V Mozzarella Pasta Bake, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>	<p>22 Breakfast: Frosted Flakes Cereal Bowl - 1oz, Cheddar Stick 1oz, fresh fruit</p> <p>Lunch: Biscuits and Gravy, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Egg Fried Rice, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>
<p>Breakfast: Honey Graham Toasters Bowl 1oz, String Cheese, fresh fruit</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p> <p>Alt. Lunch: GF/V Pizza Bagel, fresh fruit, and veggies</p>	<p>26 Breakfast: Cheddar Stick 1oz, WG Muffin, fresh fruit</p> <p>Lunch: Chicken Quesadilla, fresh fruit, and veggies</p> <p>Alt. Lunch: Cheesy Quesadilla, fresh fruit, and veggies</p>	<p>27 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) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies</p>	<p>28 Breakfast: String Cheese, Frosted Flakes Cereal Bowl - 1oz, fresh fruit</p> <p>Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, and veggies</p> <p>Alt. Lunch: GF/V Beyond Spaghetti, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>	<p>29 Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit</p> <p>Lunch: Cajun Chicken & Rice, fresh fruit, and veggies</p> <p>Alt. Lunch: Cajun Red Beans & Rice, fresh fruit, and veggies</p>

DF - Dairy Free GF - Gluten Free V - Vegetarian ALL MEALS ARE SERVED WITH FRESH FRUITS AND VEGETABLES