



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
	1 Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit Lunch: Burrito Bowl, fresh fruit, and veggies Alt. Lunch: Vegan Burrito Bowl, fresh fruit, and veggies	2 Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich,	3 Breakfast: Frosted Flakes Cereal Bowl - 1oz, Colby Jack Stick, fresh fruit Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Beyond Spaghetti, fresh fruit, and veggies	4 Breakfast: String Cheese, WG Muffin, fresh fruit Lunch: Cajun Chicken & Rice, fresh fruit, and veggies Alt. Lunch: Cajun Red Beans & Rice, fresh fruit, and veggies
7 Breakfast: String Cheese, Honey Graham Toasters Bowl 1oz, fresh fruit Lunch: Chicken Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Vegan Pasta Alfredo, fresh fruit, and veggies	8 Lunch: No School	9 Lunch: No School	10 Lunch: No School	11 Lunch: No School
14 Breakfast: String Cheese, Honey Graham Toasters Bowl 1oz, fresh fruit Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Vegan Macaroni and Cheese, Frito Chip 2 oz Packs, fresh fruit, and veggies	15 Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit Lunch: Corn Dog Bites, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Vegan Taco Salad, fresh fruit, and veggies	16 Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich,	17 Breakfast: String Cheese, Frosted Flakes Cereal Bowl - 1oz, fresh fruit Lunch: (GF, DF) Meaty Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Vegan Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies	18 Breakfast: WG Muffin, Colby Jack Stick, fresh fruit Lunch: (GF, DF) Teriyaki Chicken with Rice, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Teriyaki Black Bean & Rice, fresh fruit, and veggies
21 Breakfast: String Cheese, Honey Graham Toasters Bowl 1oz, fresh fruit Lunch: Corn Dog Bites, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Curry Chickpeas and Quinoa, fresh fruit, and veggies	22 Breakfast: Colby Jack Stick, WG Muffin, fresh fruit Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Beyond Spaghetti, Frito Chip 2 oz Packs, fresh fruit, and veggies	23 Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit Lunch: Turkey and Provolone Sandwich, fresh fruit, and veggies Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich,	24 Lunch: No School	25 Lunch: No School
28 Breakfast: String Cheese, Honey Graham Toasters Bowl 1oz, fresh fruit Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Cuban Black Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies	29 Breakfast: Colby Jack Stick, WG Muffin, fresh fruit Lunch: Chicken Quesadilla, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Vegan Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies	30 Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich,		

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.