



**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><b>1</b> Breakfast: Frosted Flakes Cereal Bowl - 1oz, String Cheese, fresh fruit</p> <p>Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Beyond Spaghetti, fresh fruit, and veggies</p>	<p><b>2</b> Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit</p> <p>Lunch: Cajun Chicken &amp; Rice, fresh fruit, and veggies</p> <p>Alt. Lunch: Cajun Red Beans &amp; Rice, fresh fruit, and veggies</p>
<p><b>5</b> Breakfast: String Cheese, Honey Graham Toasters Bowl 1oz, fresh fruit</p> <p>Lunch: Chicken Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Vegan Pasta Alfredo, fresh fruit, and veggies</p>	<p><b>6</b> Breakfast: Colby Jack Stick, WG Muffin, fresh fruit</p> <p>Lunch: Burrito Bowl, fresh fruit, and veggies</p> <p>Alt. Lunch: Vegan Burrito Bowl, fresh fruit, and veggies</p>	<p><b>7</b> 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, GF, DF) GF SunButter &amp; Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies</p>	<p><b>8</b> Breakfast: Frosted Flakes Cereal Bowl - 1oz, String Cheese, fresh fruit</p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Vegan Macaroni and Cheese, fresh fruit, and veggies</p>	<p><b>9</b> Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit</p> <p>Lunch: (GF, DF) Curry Chicken and Quinoa, 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><b>12</b> Breakfast: String Cheese, Honey Graham Toasters Bowl 1oz, fresh fruit</p> <p>Lunch: Corn Dog Bites, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Curry Chickpeas and Quinoa, fresh fruit, and veggies</p>	<p><b>13</b> Breakfast: WG Muffin, Colby Jack Stick, fresh fruit</p> <p>Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Vegan Macaroni and Cheese, fresh fruit, and veggies</p>	<p><b>14</b> Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit</p> <p>Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) GF SunButter &amp; Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies</p>	<p><b>15</b> Breakfast: Frosted Flakes Cereal Bowl - 1oz, String Cheese, fresh fruit</p> <p>Lunch: Chicken Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Vegan Pasta Alfredo, fresh fruit, and veggies</p>	<p><b>16</b> Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit</p> <p>Lunch: (GF, DF) Teriyaki Chicken with Rice, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Teriyaki Black Bean &amp; Rice, fresh fruit, and veggies</p>
19	20	21	22	23
26	27	28	29	30

DF - Dairy Free

GF - Gluten Free

V - Vegetarian

ALL MEALS ARE SERVED WITH FRESH FRUITS AND VEGETABLES

This institution is an equal opportunity provider. ALL MEALS ARE SERVED WITH A VARIETY OF MILK