



FEATURE OF THE MONTH

The Pride of the Umpqua

Harmon and Noreane Walker started farming in 1974, and today have more than 90 acres. They have been certified organic since 1998. Taking advantage of Southern Oregon's warm weather and the fertile soils deposited by the Umpqua River, they specialize in "heat loving" crops such as tomatoes, zucchini, squash, melons, berries and eggplant.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>Breakfast: 1 Banana Muffin, String Cheese, fresh fruit</p> <p>Lunch: (V) Roasted Garlic Pizza Bagel, Applesauce Cup, and veggies</p> <p>Alt. Lunch: Cheesy Quesadilla with Refried Beans, Applesauce Cup, and veggies</p>
<p>Breakfast: 4 Original Cheerios Bowl, Hardboiled Egg, fresh fruit</p> <p>Lunch: Cheesy Quesadilla with Refried Beans, Whole Wheat Roll - I/W, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll - I/W, fresh fruit, and veggies</p>	<p>Breakfast: 5 Whole Wheat Bagel, Cream Cheese Packet, Fruit Juice, 10oz</p> <p>Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies</p> <p>Alt. Lunch: Corn Dog Bites with Fries, fresh fruit, and veggies</p>	<p>Breakfast: 6 Apple Chunk Muffin, Yoplait Raspberry Yogurt Cup, fresh fruit</p> <p>Lunch: (DF)Hamburger, Ranch Dressing Packet, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V, GF)Macho Nacho Pack, Ranch Dressing Packet, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: Chicken Caesar Salad Tray</p>	<p>Breakfast: 7 WG French Toast, fresh fruit, Fruit Spread - Strawberry</p> <p>Lunch: (DF) Whole Grain Corn Dog Bites, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: Cheesy Quesadilla with Refried Beans, fresh fruit, and veggies, and veggies</p>	<p>Breakfast: 8 Banana Muffin, String Cheese, fresh fruit</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p>
<p>Breakfast: 11 Honey Nut Cereal Bowl, Hardboiled Egg, fresh fruit</p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll - I/W, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies</p>	<p>Breakfast: 12 Apple Chunk Muffin, Yoplait Raspberry Yogurt Cup, Fruit Juice, 10oz</p> <p>Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: Cheesy Quesadilla with Refried Beans, fresh fruit, and veggies</p>	<p>Breakfast: 13 Dipperdoodle Bar, String Cheese, fresh fruit</p> <p>Lunch: (V, GF, DF)Egg Fried Rice, Whole Wheat Roll - Bulk, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (DF)Turkey Hot Dog, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: Chicken Caesar Salad Tray</p>	<p>Breakfast: 14 Raisin Bran Flakes Bowl, Yoplait Raspberry Yogurt Cup, fresh fruit</p> <p>Lunch: (DF) Chicken Bites, Whole Wheat Roll - Bulk, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V) Pasta Alfredo, Whole Wheat Roll - I/W, fresh fruit, and veggies, and veggies</p>	<p>Breakfast: 15 Pumpkin Muffin, String Cheese, fresh fruit</p> <p>Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies</p> <p>Alt. Lunch: Cheesy Quesadilla with Refried Beans, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF) Macho Nacho Pack, fresh fruit, and veggies</p>
<p>Lunch: 18 No School</p>	<p>Lunch: 19 No School</p>	<p>Lunch: 20 No School</p>	<p>Lunch: 21 No School</p>	<p>Lunch: 22 No School</p>
<p>Lunch: 25 No School</p>	<p>Lunch: 26 No School</p>	<p>Lunch: 27 No School</p>	<p>Lunch: 28 No School</p>	<p>Lunch: 29 No School</p>

DF - Dairy Free

GF - Gluten Free

V - Vegetarian

ALL MEALS ARE SERVED WITH FRESH FRUITS AND VEGETABLES
ALL MEALS ARE SERVED WITH A VARIETY OF MILK

The USDA and Summit are equal opportunity providers.