



FEATURE OF THE MONTH

Truitt Bros. & Central Bean Company

We are pleased to offer locally sourced beans from Truitt Brothers this month! Truitt Bros. beans are sustainably grown by family-owned Central Bean Company in Quincy, Wash., which is Food Alliance Certified. In 2010, the company was recognized as one of Oregon's leaders in sustainable approaches to business.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1</p> <p>Breakfast: Pancake, Fruit Spread - Strawberry, fresh fruit</p> <p>Lunch: (DF) Whole Grain Corn Dog Bites, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Mac and Cheese, fresh fruit, and veggies</p>	<p>2</p> <p>Breakfast: Banana Muffin, String Cheese, fresh fruit</p> <p>Lunch: (V, GF) Macho Nacho Pack, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Egg Fried Rice, Whole Wheat Roll, fresh fruit, and veggies</p>
<p>5</p> <p>Breakfast: Raisin Bran Flakes 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) Rolled Enchiladas with Refried Beans, fresh fruit, and veggies</p>	<p>6</p> <p>Breakfast: Zac Attack Bar Strawberry, Yoplait Raspberry Yogurt Cup, Fruit Juice, 10oz</p> <p>Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies</p>	<p>7</p> <p>Breakfast: Dipperdoodle Bar, String Cheese, fresh fruit</p> <p>Lunch: (V, GF, DF) Egg Fried Rice, Whole Wheat Roll - Bulk, fresh fruit, and veggies</p> <p>Alt. Lunch: Turkey Hot Dog with Fries, fresh fruit, and veggies</p> <p>Alt. Lunch: Chicken Caesar Salad Tray, Whole Wheat Roll - Bulk, fresh fruit, and veggies</p>	<p>8</p> <p>Breakfast: 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: Cheesy Quesadilla with Refried Beans, fresh fruit, and veggies</p>	<p>9</p> <p>Breakfast: WG Pumpkin Muffin, fresh fruit</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies</p>
<p>12</p> <p>Breakfast: Honey Nut Cereal Bowl, fresh fruit</p> <p>Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Hearty Chili, Cornbread Muffin, fresh fruit, and veggies</p>	<p>13</p> <p>Breakfast: Pancake, Fruit Spread - Strawberry, fresh fruit</p> <p>Lunch: (DF) Whole Grain Corn Dog Bites, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Rolled Enchiladas with Refried Beans, fresh fruit, and veggies</p>	<p>14</p> <p>Breakfast: Apple Chunk Muffin, String Cheese, fresh fruit</p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll - I/W, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF) Macho Nacho Pack, fresh fruit, and veggies</p>	<p>15</p> <p>Breakfast: Dipperdoodle Bar, Yoplait Raspberry Yogurt Cup, fresh fruit</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p> <p>Alt. Lunch: Cheesy Quesadilla with Refried Beans, fresh fruit, and veggies</p>	<p>16</p> <p>Breakfast: WG Pumpkin Muffin, fresh fruit, Applesauce Cup</p> <p>Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF) Vegetarian Taco Salad, fresh fruit, and veggies</p>
<p>No School 19</p>	<p>No School 20</p>	<p>No School 21</p>	<p>No School 22</p>	<p>No School 23</p>
<p>26</p> <p>Breakfast: Original Cheerios Bowl, fresh fruit</p> <p>Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll - I/W, fresh fruit, and veggies</p> <p>Alt. Lunch: Corn Dog Bites with Fries, Whole Wheat Roll - I/W, fresh fruit, and veggies</p>	<p>27</p> <p>Breakfast: Whole Wheat Bagel, Cream Cheese Packet, Fruit Juice, 10oz</p> <p>Lunch: (V) Rolled Enchiladas with Refried Beans, Whole Wheat Roll - Bulk, fresh fruit, and veggies</p> <p>Alt. Lunch: Cheesy Quesadilla with Refried Beans, fresh fruit, and veggies</p>	<p>28</p> <p>Breakfast: Apple Chunk Muffin, Yoplait Raspberry Yogurt Cup, fresh fruit</p> <p>Lunch: (DF) Hamburger, Ranch Dressing Packet, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Egg Fried Rice, Ranch Dressing Packet, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: Chicken Caesar Salad, Whole Wheat Roll, fresh fruit, and</p>		

DF - Dairy Free GF - Gluten Free V - Vegetarian

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

The USDA and Summit are equal opportunity providers.