



Summit-Atlas High School

FEATURE OF THE MONTH

Spielman Wholesale Bagels

Spielman Wholesale Bagels was started from a tiny kettle in the back of owner Rick Spielman's Coffee Roasters (retail store). They are "Portland Style" kettle boiled bagels made with sourdough starter, milk and honey. This makes a crusty bagel with a wonderfully chewy center and a slight tang. They now produce over 5000 bagels per week in their wholesale bakeshop and deliver daily.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	<p>1</p> <p>Breakfast: WG Strawberry Bar, Fruit Juice, 6oz, fresh fruit</p> <p>Lunch: Chicken Pasta Alfredo, Ranch Dressing Packet, Garlic Bread, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Roasted Garlic Pizza Bagel, Ranch Dressing Packet, fresh fruit, and veggies</p>		<p>2</p> <p>Breakfast: Dipperdoodle Bar, String Cheese, fresh fruit</p> <p>Lunch: Chicken Quesadilla with Refried Beans, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies</p>		<p>3</p> <p>Breakfast: Raisin Bran Flakes Bowl, Yoplait Raspberry Yogurt Cup, fresh fruit</p> <p>Lunch: (DF) Crunchy Chicken Tacos, fresh fruit, and veggies</p> <p>Alt. Lunch: Cheesy Quesadilla with Refried Beans, fresh fruit, and veggies</p>		<p>4</p> <p>Breakfast: WG Pumpkin Muffin, String Cheese, fresh fruit</p> <p>Lunch: Turkey & Cheddar Hoagie, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF) Macho Nacho Pack, fresh fruit, and veggies</p>		
<p>7</p> <p>Breakfast: Honey Nut Cereal Bowl, Yoplait Raspberry Yogurt Cup, fresh fruit</p> <p>Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies</p>	<p>8</p> <p>Breakfast: WG Pumpkin Muffin, Hardboiled Egg, fresh fruit</p> <p>Lunch: Green Chili Chicken Burrito with Refried Beans, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>9</p> <p>Breakfast: Apple Chunk Muffin, String Cheese, fresh fruit</p> <p>Lunch: (GF Filling, DF) Soft Chicken Tacos (chopped), fresh fruit, and veggies</p> <p>Alt. Lunch: Cheesy Quesadilla with Refried Beans, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>10</p> <p>Breakfast: Dipperdoodle Bar, Yoplait Raspberry Yogurt Cup, fresh fruit</p> <p>Lunch: (DF) Teriyaki Chicken with Rice, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Rolled Enchiladas with Refried Beans, fresh fruit, and veggies</p>	<p>11</p> <p>Breakfast: Pancake, Applesauce Cup, Fruit Spread - Raspberry, fresh fruit</p> <p>Lunch: Meaty Spaghetti, Garlic Bread, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, DF) Hearty Spaghetti, Garlic Bread, fresh fruit, and veggies</p>					
<p>14</p> <p>Breakfast: Honey Nut Cereal Bowl, Yoplait Raspberry Yogurt Cup, Fruit Juice, 10oz</p> <p>Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>15</p> <p>Breakfast: Apple Chunk Muffin, String Cheese, fresh fruit</p> <p>Lunch: (DF) BBQ Chicken Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: Cheesy Quesadilla with Refried Beans, fresh fruit, and veggies</p>	<p>16</p> <p>Breakfast: Dipperdoodle Bar, Yoplait Raspberry Yogurt Cup, fresh fruit</p> <p>Lunch: Green Chili Chicken Burrito with Refried Beans, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF) Macho Nacho Pack, fresh fruit, and veggies</p>	<p>17</p> <p>Breakfast: Raisin Bran Flakes Bowl, Fruit Juice, 6oz, Applesauce Cup</p> <p>Lunch: (V) Mac and Cheese, Ranch Dressing Packet, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Rolled Enchiladas with Refried Beans, Ranch Dressing Packet, fresh fruit, and veggies</p>	<p>18</p> <p>Breakfast: WG Pumpkin Muffin, String Cheese, fresh fruit</p> <p>Lunch: Curried Chicken & Rice, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Curried Chickpeas & Rice, Whole Wheat Roll, fresh fruit, and veggies</p>					
<p>21</p> <p>Breakfast: Original Cheerios Bowl, Hardboiled Egg, fresh fruit</p> <p>Lunch: Chicken Stuffing & Gravy, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>22</p> <p>Breakfast: Whole Wheat Bagel, Cream Cheese Packet, Fruit Juice, 6oz, 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>23</p> <p>Breakfast: Apple Chunk Muffin, Yoplait Raspberry Yogurt Cup, fresh fruit</p> <p>Lunch: Hamburger with Fries, Ranch Dressing Packet, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Rolled Enchiladas with Refried Beans, Ranch Dressing Packet, fresh fruit, and veggies</p>	<p>24</p> <p>Breakfast: Pancake, fresh fruit, Fruit Spread - Strawberry, Fruit Juice, 6oz</p> <p>Lunch: (DF) Whole Grain Corn Dog Bites, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>25</p> <p>Breakfast: WG Pumpkin Muffin, String Cheese, fresh fruit</p> <p>Lunch: Chicken Fajitas, fresh fruit, and veggies</p> <p>Alt. Lunch: Black Bean Fajitas, fresh fruit, and veggies</p>					
<p>28</p> <p>No School</p>	<p>29</p> <p>Breakfast: WG Pumpkin Muffin, Yoplait Raspberry Yogurt Cup, Fruit Juice, 10oz</p> <p>Lunch: (DF) Breaded Chicken Breast Sandwich, Ranch Dressing Packet, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Bean and Cheese Burrito, Ranch Dressing Packet, fresh fruit, and veggies</p>	<p>30</p> <p>Breakfast: Dipperdoodle Bar, String Cheese, fresh fruit</p> <p>Lunch: Turkey Hot Dog with Fries, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF) Vegetarian Taco Salad Tray, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>31</p> <p>Breakfast: Raisin Bran Flakes Bowl, Yoplait Raspberry Yogurt Cup, fresh fruit</p> <p>Lunch: (DF) Chicken Bites, Whole Wheat Roll, Applesauce Cup, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, DF) Pancake Breakfast, Applesauce Cup, Fruit Spread - Strawberry, fresh fruit, Roasted Potatoes</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

Summit is an equal opportunity provider.