



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: Yoplait Raspberry Yogurt, WG Honey Nut Cereal, Fruit Juice</p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p>	<p>2</p> <p>Breakfast: String Cheese, Honey Grahams, fresh fruit</p> <p>Lunch: Meatball Sub, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, DF) Teriyaki Black Bean & Rice, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>3</p> <p>Breakfast: WW Dipperdoodle Bar, Yoplait Raspberry Yogurt, fresh fruit</p> <p>Lunch: (V) Cheesy Beans and Rice, fresh fruit, and veggies</p> <p>Alt. Lunch: Chicken Quesadilla with Refried Beans, fresh fruit, and veggies</p>	<p>4</p> <p>Breakfast: WG Raisin Bran Flakes, Fruit Juice, Applesauce Cup</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>5</p> <p>Breakfast: Muffin, String Cheese, fresh fruit</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Mac and Cheese, fresh fruit, and veggies</p>
<p>8</p> <p>Breakfast: Hardboiled Egg, WG Original Cheerios, fresh fruit</p> <p>Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Egg Fried Rice, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>9</p> <p>Breakfast: Cream Cheese, Whole Wheat Bagel, Fruit Juice</p> <p>Lunch: Chicken Stuffing & Gravy, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies</p>	<p>10</p> <p>Breakfast: Yoplait Raspberry Yogurt, Muffin, fresh fruit</p> <p>Lunch: (V, DF) Hearty Spaghetti, WG Garlic Bread, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies</p>	<p>11</p> <p>Breakfast: WG Pancake, Strawberry Fruit Spread, fresh fruit</p> <p>Lunch: (V) Rolled Enchiladas with Refried Beans, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>12</p> <p>Breakfast: String Cheese, Muffin, fresh fruit</p> <p>Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p>
<p>15</p> <p>Breakfast: Hardboiled Egg, WG Honey Nut Cereal, fresh fruit</p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies</p>	<p>16</p> <p>Breakfast: WW Dipperdoodle Bar, Yoplait Raspberry Yogurt, Fruit Juice</p> <p>Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF) Macho Nacho Pack, fresh fruit, and veggies</p>	<p>17</p> <p>Breakfast: String Cheese, WG Zac Attack Bar Strawberry, fresh fruit</p> <p>Lunch: (DF) Meaty Moes, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Hearty Chili, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>18</p> <p>Breakfast: Cream Cheese, Whole Wheat Bagel, Yoplait Raspberry Yogurt, fresh fruit</p> <p>Lunch: (DF) Orange Chicken, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Pasta Alfredo, fresh fruit, and veggies</p>	<p>19</p> <p>Breakfast: Muffin, String Cheese, 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>22</p> <p>Breakfast: Yoplait Raspberry Yogurt, WG Honey Nut Cereal, fresh fruit</p> <p>Lunch: (V) Fajita Breakfast Burrito, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Egg Fried Rice, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>23</p> <p>Breakfast: WG Pancake, Applesauce Cup, Strawberry Fruit Spread, fresh fruit</p> <p>Lunch: (DF) Turkey Hot Dog, and veggies, fresh fruit</p> <p>Alt. Lunch: and veggies, (GF Filling, V, DF) Soft Taco w/ Pinto Beans, fresh fruit</p>	<p>24</p> <p>Breakfast: String Cheese, Muffin, fresh fruit</p> <p>Lunch: (V, DF) Teriyaki Black Bean & Rice, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, DF) Hearty Spaghetti, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>25</p> <p>Breakfast: Yoplait Raspberry Yogurt, WW Dipperdoodle Bar, 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>26</p> <p>Breakfast: Muffin, fresh fruit, Applesauce Cup</p> <p>Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Veggie & Cheese Hoagie, fresh fruit, and veggies</p>
<p>29</p> <p>Breakfast: WG Honey Nut Cereal, Yoplait Raspberry Yogurt, Fruit Juice</p> <p>Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Cheesy Beans and Rice, fresh fruit, and veggies</p>	<p>30</p> <p>Breakfast: Muffin, Applesauce Cup, fresh fruit</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Fajita Breakfast Burrito, fresh fruit, and veggies</p>	<p>31</p> <p>Breakfast: WW Dipperdoodle Bar, Yoplait Raspberry Yogurt, fresh fruit</p> <p>Lunch: (DF) Orange Chicken, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies</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

Summit is an equal opportunity provider.