



# Summit-Atlas School

## FEATURE OF THE MONTH

### Bake Works

Bake Works is a family run bakery in Vancouver. They provide us with Zac Attack fruit & oat bars and Dipperdoodle bars that are all natural; skipping the high-fructose corn syrup and artificial ingredients while also being whole grain rich. They source locally whenever possible, working with farmers and growers to source the highest quality fruits and grains available.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
			1		2		3		4
	7		8		9		10		11
	14		15		16		17		18
<b>21</b> Breakfast: Dipperdoodle Bar, Applesauce Cup, Fruit Juice, 10oz  Lunch: (V) Veggie & Cheese Hoagie, fresh fruit, and veggies  Alt. Lunch: Meaty Taco Salad, fresh fruit, and veggies		<b>22</b> Breakfast: WG Applesauce Muffin, String Cheese, fresh fruit  Lunch: (GF) Chicken Quinoa Harvest Salad, 2oz Whole Wheat Roll, fresh fruit  Alt. Lunch: (V) Vegetarian Chef Salad, 2oz Whole Wheat Roll, fresh fruit	<b>23</b> Breakfast: Honey Nut Cereal, Yogurt Cup, fresh fruit  Lunch: (DF) Chicken Salad Pita Pocket, fresh fruit, and veggies  Alt. Lunch: (V, DF) Fiesta Pasta Salad, Tortilla Chips, fresh fruit, and veggies	<b>24</b> Breakfast: WG Pumpkin Muffin, Hardboiled Egg, Fruit Juice, 10oz  Lunch: (V) Greek Pasta Salad, Tortilla Chips, fresh fruit, and veggies  Alt. Lunch: Chicken Caesar Salad, 2oz Whole Wheat Roll, fresh fruit, and veggies	<b>25</b> Breakfast: Frosted Mini Wheats, Yogurt Cup, fresh fruit  Lunch: Ham & Cheddar Hoagie, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) Quinoa Curry Bowl, fresh fruit, and veggies				
<b>28</b> Breakfast: Zac Attack Bar Strawberry, String Cheese, fresh fruit  Lunch: Turkey & Provolone Hoagie, fresh fruit, and veggies  Alt. Lunch: (V, DF) Egg Salad Sandwich, fresh fruit, and veggies	<b>29</b> Breakfast: Whole Wheat Bagel, Cream Cheese Packet, Fruit Juice, 10oz  Lunch: (DF) Wonton Chicken Salad, 2oz Whole Wheat Roll, fresh fruit  Alt. Lunch: (V, DF) Fiesta Pasta Salad, 2oz Whole Wheat Roll, fresh fruit	<b>30</b> Breakfast: Honey Nut Cereal, String Cheese, fresh fruit  Lunch: (GF) Zesty Chicken Quinoa Salad, 2oz Whole Wheat Roll, Hummus Cup, fresh fruit, and veggies  Alt. Lunch: (V) Veggie & Cheese Hoagie, Hummus Cup, fresh fruit, and veggies	<b>31</b> Breakfast: WG Pumpkin Muffin, Yogurt Cup, fresh fruit  Lunch: Ham & Provolone Hoagie, fresh fruit, and veggies  Alt. Lunch: (V, GF) Vegetarian Taco Salad, fresh fruit, and veggies						

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.