



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

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.