



Summit-Olympus High School

FEATURE OF THE MONTH

Montecucco Farms

Farming a total of 500 acres, Montecucco Farms grows cucumbers, rhubarb, beans, rutabagas, turnips, beets and parsnips on more than a dozen scattered parcels of land in Clackamas County. The Montecuccos began farming in 1926 and they are now one of the metro area's largest producers of fresh market vegetables!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch: No School	3 Breakfast: Apple Chunk Muffin, Applesauce Cup, Banana Lunch: (V) Traditional Pizza Bagel, Orange, Large, and Corn, frozen, and Cucumbers Alt. Lunch: Orange, Large, and Corn, frozen, and Cucumbers, Cheesy Beans and Rice	4 Breakfast: Dipperdoodle Bar, Yoplait Raspberry Yogurt Cup, Pears Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll - I/W, Cantaloupe, and Broccoli Florets Alt. Lunch: Chicken Pasta Alfredo, Whole Wheat Roll - I/W, Pineapple - whole, raw, and Broccoli Florets	5 Breakfast: Whole Wheat Bagel, Cream Cheese Packet, Applesauce Cup, Banana Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, Apple, and Baked Beans Alt. Lunch: (V) Mac and Cheese, Apple, and Baked Beans	6 Breakfast: WG Pumpkin Muffin, String Cheese, Watermelon Lunch: (DF) BBQ Chicken Sandwich, Orange, Large, and Baby Carrots Alt. Lunch: (V) Traditional Pizza Bagel, String Cheese, Orange, Large, and Baby Carrots
Breakfast: Honey Nut Cereal Bowl, Yoplait Raspberry Yogurt Cup, Apple Lunch: (DF) Teriyaki Chicken with Rice, Orange, Large, and Green Beans, Frozen Alt. Lunch: (V) Roasted Garlic Pizza Bagel, Orange, Large, and Green Beans, Frozen	10 Breakfast: Whole Wheat Bagel, Cream Cheese Packet, Fruit Juice, 6oz, Banana Lunch: (V) Rolled Enchiladas with Refried Beans, Pears, and Baby Carrots Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll - I/W, Pears, and Baby Carrots	11 Breakfast: Apple Chunk Muffin, Yoplait Raspberry Yogurt Cup, Orange, Large Lunch: (DF) Whole Grain Corn Dog Bites, Apple, and Broccoli Florets Alt. Lunch: (V, DF) Messy Moes, Apple, and Broccoli Florets	12 Breakfast: Pancake, Cheddar Cheese Stick, Fruit Spread - Strawberry, Cantaloupe Lunch: (V) Traditional Pizza Bagel, Honeydew, and Corn, frozen Alt. Lunch: Cheesy Quesadilla with Refried Beans, Honeydew, and Corn, frozen	13 Breakfast: WG Pumpkin Muffin, String Cheese, Watermelon Lunch: Chicken Quesadilla with Refried Beans, Oranges, and Celery Alt. Lunch: (V, GF, DF) Egg Fried Rice, Oranges, and Celery
Breakfast: Honey Nut Cereal Bowl, Hardboiled Egg, Orange, Large Lunch: (V, GF) Vegetarian Taco Salad Tray, Pears Alt. Lunch: (DF) Chicken Bites, Whole Wheat Roll - I/W, Pears, and Broccoli Florets	17 Breakfast: WG Pumpkin Muffin, Yoplait Raspberry Yogurt Cup, Fruit Juice, 10 oz Lunch: Chicken Pasta Alfredo, Whole Wheat Roll - I/W, Apple, and Three Bean Salad Alt. Lunch: (V) Traditional Pizza Bagel, Apple, and Three Bean Salad	18 Breakfast: Dipperdoodle Bar, String Cheese, Pineapple - whole, raw Lunch: (V, GF, DF) Hearty Chili, Tortilla Chips, Oranges, and Corn, frozen Alt. Lunch: (V) Bean and Cheese Burrito, Oranges, and Corn, frozen	19 Breakfast: Zac Attack Bar Strawberry, Yoplait Raspberry Yogurt Cup, Cantaloupe Lunch: (V) Mac and Cheese, Whole Wheat Roll - I/W, Honeydew, and Celery, and Baby Carrots Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, Honeydew, and Celery, and Baby Carrots	20 Lunch: No School
Breakfast: Honey Nut Cereal Bowl, Yoplait Raspberry Yogurt Cup, Fruit Juice, 10 oz Lunch: (V, DF) Messy Moes, Oranges, and Broccoli Florets Alt. Lunch: (V) Roasted Garlic Pizza Bagel, Oranges, and Broccoli Florets	24 Breakfast: Dipperdoodle Bar, Hardboiled Egg, Pears Lunch: Apple, and Corn, frozen, Biscuits and Gravy Alt. Lunch: (V) Veggie & Cheese Hoagie, Apple, and Corn, frozen	25 Breakfast: Apple Chunk Muffin, Applesauce Cup, Banana Lunch: (GF Filling, DF) Soft Chicken Tacos (chopped), Pineapple - whole, raw, and Baby Carrots Alt. Lunch: Pineapple - whole, raw, and Baby Carrots, Cheesy Beans and Rice	26 Breakfast: Dipperdoodle Bar, Yoplait Raspberry Yogurt Cup, Honeydew Lunch: Whole Wheat Roll - I/W, Cantaloupe, and Celery, Orange Chicken Alt. Lunch: (V, DF) Hearty Spaghetti, Whole Wheat Roll - I/W, Cantaloupe, and Celery	27 Breakfast: Pancake, Applesauce Cup, Fruit Spread - Raspberry, Banana Lunch: (GF Filling, V, DF) Soft Taco w/ Pinto Beans (chopped), Orange, Large, and Edamame Alt. Lunch: (V) Roasted Garlic Pizza Bagel, String Cheese, Orange, Large, and Edamame

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.