



Summit-Olympus High School

FEATURE OF THE MONTH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						<p>Breakfast: Whole Wheat Bagel, Cream Cheese, Applesauce Cup, fresh fruit</p> <p>Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies</p>	1	<p>Breakfast: String Cheese, Muffin, fresh fruit</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p> <p>Alt. Lunch: (DF) BBQ Chicken Sandwich, fresh fruit, and veggies</p>	2
<p>Breakfast: WG Honey Nut Cereal, Yoplait Raspberry Yogurt, fresh fruit</p> <p>Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies</p>	5	<p>Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit, Fruit Juice</p> <p>Lunch: (V) Rolled Enchiladas with Refried Beans, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p>	6	<p>Breakfast: Yoplait Raspberry Yogurt, Muffin, fresh fruit</p> <p>Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, DF) Messy Moes, fresh fruit, and veggies</p>	7	<p>Breakfast: WG Pancake, Cheddar Cheese Stick, Strawberry Fruit Spread, 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>	8	<p>Breakfast: Muffin, String Cheese, fresh fruit</p> <p>Lunch: Chicken Quesadilla with Refried Beans, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Egg Fried Rice, fresh fruit, and veggies</p>	9
<p>Lunch: No School</p>	12	<p>Breakfast: Muffin, Yoplait Raspberry Yogurt, Fruit Juice</p> <p>Lunch: Chicken Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p>	13	<p>Breakfast: WG Zac Attack Bar Strawberry, String Cheese, fresh fruit</p> <p>Lunch: (V, GF, DF) Hearty Chili, WG Tortilla Chips, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies</p>	14	<p>Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit</p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies</p>	15	<p>Breakfast: Muffin, String Cheese, fresh fruit</p> <p>Lunch: Meatball Sub, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies</p>	16
<p>Lunch: No School</p>	19	<p>Lunch: No School</p>	20	<p>Lunch: No School</p>	21	<p>Lunch: No School</p>	22	<p>Lunch: No School</p>	23
<p>Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, Fruit Juice</p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies, and veggies</p>	26	<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>	27	<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>	28	<p>Breakfast: WG Zac Attack Bar Strawberry, 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>	29	<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>	30

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.