



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	
3 Breakfast: String Cheese, 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		4 Breakfast: Hardboiled Egg, 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		5 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		6 Breakfast: WG Pancake, Strawberry Fruit Spread, fresh fruit Lunch: (V) Rolled Enchiladas with Refried Beans, fresh fruit, and veggies, and veggies Alt. Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies, and veggies		7 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	
10 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		11 Breakfast: Cinnamon Granola Pack, 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		12 Breakfast: String Cheese, WG Zac Attack Bar Strawberry, fresh fruit Lunch: (DF) Meaty Moes, fresh fruit, and veggies, and veggies Alt. Lunch: (V, GF, DF) Hearty Chili, Whole Wheat Roll, fresh fruit, and veggies, and veggies		13 Breakfast: Honey Grahams, 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		14 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	
17 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		18 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		19 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		20 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		21 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	
24 Lunch: No School		25 Lunch: No School		26 Lunch: No School		27 Lunch: No School		28 Lunch: No School	

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.