



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		2		3		4
		Lunch: No School		Lunch: No School		Lunch: No School		Lunch: No School	
	7		8		9		10		11
Lunch: No School	Breakfast: Muffin, Yoplait Raspberry Yogurt, Fruit Juice	Lunch: Chicken Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies	Breakfast: WG Zac Attack Bar Strawberry, String Cheese, fresh fruit	Lunch: (V, GF, DF) Hearty Chili, WG Tortilla Chips, fresh fruit, and veggies	Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit	Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	Breakfast: Muffin, String Cheese, fresh fruit	Lunch: (DF) Meatball Sub, fresh fruit, and veggies	Alt. Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies
	14		15		16		17		18
Breakfast: Yoplait Raspberry Yogurt, WG Honey Nut Cereal, Fruit Juice	Breakfast: Hardboiled Egg, WW Dipperdoodle Bar, fresh fruit	Lunch: (V, DF) Messy Moes, fresh fruit, and veggies	Lunch: Biscuits and Gravy, fresh fruit, and veggies	Breakfast: Muffin, Applesauce Cup, fresh fruit	Breakfast: Honey Grahams, Yoplait Raspberry Yogurt, fresh fruit	Alt. Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies	Lunch: (DF) Orange Chicken, Whole Wheat Roll, fresh fruit, and veggies	Lunch: (GF Filling, V, DF) Soft Taco w/ Pinto Beans, fresh fruit, and veggies	Alt. Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies
	21		22		23		24		25
Lunch: No School	Breakfast: String Cheese, Honey Grahams, fresh fruit	Lunch: (DF) Meatball Sub, fresh fruit, and veggies	Breakfast: WW Dipperdoodle Bar, Yoplait Raspberry Yogurt, fresh fruit	Lunch: (V) Cheesy Beans and Rice, fresh fruit, and veggies	Breakfast: WG Zac Attack Bar Strawberry, Fruit Juice, Applesauce Cup	Alt. Lunch: (V, DF) Teriyaki Black Bean & Rice, Whole Wheat Roll, fresh fruit, and veggies	Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies	Breakfast: Muffin, String Cheese, fresh fruit	Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies
	28		29		30		31		
Breakfast: String Cheese, WG Original Cheerios, fresh fruit	Breakfast: Hardboiled Egg, Cream Cheese, Whole Wheat Bagel, Fruit Juice	Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies	Lunch: Chicken Stuffing & Gravy, Whole Wheat Roll, fresh fruit, and veggies	Lunch: (V, DF) Hearty Spaghetti, WG Garlic Bread, fresh fruit, and veggies	Breakfast: Yoplait Raspberry Yogurt, Muffin, fresh fruit	Alt. Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies	Breakfast: WG Pancake, Strawberry Fruit Spread, fresh fruit	Lunch: (V) Rolled Enchiladas with Refried Beans, fresh fruit, and veggies, and veggies	
Lunch: (V) Egg Fried Rice, Whole Wheat Roll, fresh fruit, and veggies	Lunch: (V, GF, DF) Bean and Cheese Burrito, fresh fruit, and veggies		Alt. Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies	Alt. Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies	Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies, and veggies		Alt. Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies, 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.