



Summit-Olympus High School

FEATURE OF THE MONTH

Truitt Bros. & Central Bean Co.

We are pleased to offer locally sourced beans from Truitt Brothers this month! Truitt Bros. beans are sustainably grown by family-owned Central Bean Company in Quincy, Wash., which is Food Alliance Certified. In 2010, the company was recognized as one of Oregon's leaders in sustainable approaches to business.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1 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	
4 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	5 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	6 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	7 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	8 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					
11 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	12 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	13 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	14 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	15 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					
18 Lunch: No School	19 Lunch: No School	20 Lunch: No School	21 Lunch: No School	22 Lunch: No School					
25 Breakfast: WG Honey Nut Cereal, Yoplait Raspberry Yogurt, fresh fruit Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies Alt. Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies	26 Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit, Fruit Juice Lunch: (V) Rolled Enchiladas with Refried Beans, fresh fruit, and veggies Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	27 Breakfast: Yoplait Raspberry Yogurt, Muffin, fresh fruit Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies Alt. Lunch: (V, DF) Messy Moes, fresh fruit, and veggies	28 Breakfast: WG Pancake, Cheddar Cheese Stick, Strawberry Fruit Spread, fresh fruit Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Alt. Lunch: Cheesy Quesadilla with Refried Beans, fresh fruit, 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.