



Summit-Olympus High School

FEATURE OF THE MONTH

Don Pancho Authentic Mexican Foods

Based in Salem OR, Don Pancho was founded in 1979 by the Puentes family so that they could offer customers the delicious, authentic Mexican foods the family loved. Made with premium ingredients and a commitment to quality that's been passed down through generations, Don Pancho has also partnered with school nutritionists to develop whole grain products for school meal programs. They meet USDA nutrition guidelines while also maintaining the flavors students love!

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Lunch: No School		Lunch: No School		Lunch: No School		Lunch: No School		Lunch: No School	
1 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		2 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		3 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		4 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		5 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	
8 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		9 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		10 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		11 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		12 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	
15 Breakfast: Yoplait Raspberry Yogurt, WG Honey Nut Cereal, Fruit Juice Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V) Cheesy Beans and Rice, fresh fruit, and veggies		16 Breakfast: Muffin, fresh fruit, Applesauce Cup Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Alt. Lunch: (V) Fajita Breakfast Burrito, fresh fruit, and veggies		17 Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: (DF) Orange Chicken, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies		18 Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit, Applesauce Cup Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies		19 Breakfast: Muffin, String Cheese, fresh fruit Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Alt. Lunch: (DF) BBQ Chicken Sandwich, fresh fruit, and veggies	
22 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		23 Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit, fresh fruit Lunch: (V) Rolled Enchiladas with Refried Beans, fresh fruit, and veggies Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies		24 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		25 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		26 Breakfast: Muffin, String Cheese, fresh fruit Lunch: Chicken Quesadilla with Refried Beans, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Egg Fried Rice, fresh fruit, and veggies	
29 Breakfast: Hardboiled Egg, WG Honey Nut Cereal, fresh fruit Lunch: (DF) Chicken Bites, fresh fruit, and veggies, and veggies Alt. Lunch: (V, GF) Vegetarian Taco Salad, Whole Wheat Roll, fresh fruit, and veggies		30 Breakfast: Muffin, Yoplait Raspberry Yogurt, Fruit Juice Lunch: Chicken Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V) Traditional Pizza Bagel, 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.