



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	
								1 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	
4 Breakfast: WG Honey Nut Cereal, Hardboiled Egg, 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	5 Breakfast: Yoplait Raspberry Yogurt, Muffin, Fruit Juice Lunch: Chicken Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	6 Breakfast: String Cheese, WG Zac Attack Bar Strawberry, fresh fruit Lunch: (V, GF, DF) Hearty Chili, WG Tortilla Chips, fresh fruit, and veggies Alt. Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies	7 Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	8 Breakfast: Muffin, String Cheese, fresh fruit Lunch: (V) Mozzarella Pasta Bake, WG Garlic Bread, fresh fruit, and veggies Alt. Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies					
11 Breakfast: Yoplait Raspberry Yogurt, WG Honey Nut Cereal, Fruit Juice Lunch: (V, DF) Messy Moes, fresh fruit, and veggies, and veggies Alt. Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies, and veggies	12 Breakfast: Hardboiled Egg, WW Dipperdoodle Bar, fresh fruit Lunch: Biscuits and Gravy, fresh fruit, and veggies Alt. Lunch: (V) Veggie & Cheese Hoagie, fresh fruit, and veggies	13 Breakfast: Muffin, Applesauce Cup, fresh fruit Lunch: (GF Filling, DF) Soft Chicken Tacos, fresh fruit, and veggies Alt. Lunch: (V) Cheesy Beans and Rice, fresh fruit, and veggies	14 Breakfast: Annie's Honey Grahams, Yoplait Raspberry Yogurt, fresh fruit Lunch: (DF) Orange Chicken, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V, DF) Hearty Spaghetti, Whole Wheat Roll, fresh fruit, and veggies	15 Lunch: No School					
18 Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, Fruit Juice Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies, and veggies Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies, and veggies	19 Breakfast: String Cheese, Annie's Honey Grahams, fresh fruit Lunch: (DF) Meaty Moes, fresh fruit, and veggies Alt. Lunch: (V, DF) Teriyaki Black Bean & Rice, Whole Wheat Roll, fresh fruit, and veggies	20 Breakfast: WW Dipperdoodle Bar, Yoplait Raspberry Yogurt, fresh fruit Lunch: (V) Cheesy Beans and Rice, fresh fruit, and veggies Alt. Lunch: Chicken Quesadilla with Refried Beans, fresh fruit, and veggies	21 Breakfast: WG Zac Attack Bar Strawberry, fresh fruit, Applesauce Cup Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies Alt. Lunch: Cheesy Quesadilla with Refried Beans, fresh fruit, and veggies	22 Breakfast: Muffin, String Cheese, fresh fruit Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Alt. Lunch: (V) Mac and Cheese, fresh fruit, and veggies					
25 Breakfast: String Cheese, WG Original Cheerios, fresh fruit Lunch: (V) Mozzarella Pasta Bake, WG Garlic Bread, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Egg Fried Rice, Whole Wheat Roll, fresh fruit, and veggies	26 Breakfast: Hardboiled Egg, Cream Cheese, Whole Wheat Bagel, Fruit Juice Lunch: (DF) BBQ Chicken Sandwich, Whole Wheat Roll, and veggies Alt. Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies	27 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	28 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	29 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					

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.