



Summit-Olympus High School

FEATURE OF THE MONTH

The Pride of the Umpqua

Harmon and Noreane Walker started farming in 1974, and today have more than 90 acres. They have been certified organic since 1998. Taking advantage of Southern Oregon's warm weather and the fertile soils deposited by the Umpqua River, they specialize in "heat loving" crops such as tomatoes, zucchini, squash, melons, berries and eggplant.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1 Breakfast: Banana Muffin, String Cheese, fresh fruit Lunch: Turkey & Cheddar Hoagie, Applesauce Cup, and veggies	
4 Breakfast: Original Cheerios Bowl, Hardboiled Egg, fresh fruit Lunch: Cheesy Quesadilla, Whole Wheat Roll - I/W, fresh fruit, and veggies Alt. Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll - I/W, fresh fruit, and veggies	5 Breakfast: Whole Wheat Bagel, Cream Cheese Packet, Fruit Juice, 10oz Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies Alt. Lunch: Corn Dog Bites with Fries, fresh fruit, and veggies	6 Breakfast: Apple Chunk Muffin, Yoplait Raspberry Yogurt Cup, fresh fruit Lunch: (DF) Hamburger, Ranch Dressing Packet, fresh fruit, and veggies, and veggies Alt. Lunch: (V, GF) Macho Nacho Pack, Ranch Dressing Packet, fresh fruit, and veggies, and veggies	7 Breakfast: WG French Toast, Fruit Spread - Strawberry, fresh fruit Lunch: (DF) Whole Grain Corn Dog Bites, fresh fruit, and veggies, and veggies Alt. Lunch: Cheesy Quesadilla, fresh fruit, and veggies, and veggies	8 Breakfast: Banana Muffin, String Cheese, fresh fruit Lunch: Turkey & Cheddar Hoagie, fresh fruit, and veggies Alt. Lunch: (V, GF) Vegetarian Taco Salad Tray, fresh fruit, and veggies, and veggies					
11 Breakfast: Honey Nut Cereal Bowl, Hardboiled Egg, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll - I/W, fresh fruit, and veggies Alt. Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies	12 Breakfast: Apple Chunk Muffin, Yoplait Raspberry Yogurt Cup, Fruit Juice, 10oz Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies Alt. Lunch: Cheesy Quesadilla, fresh fruit, and veggies	13 Breakfast: Dipperdoodle Bar, String Cheese, fresh fruit Lunch: (V, GF, DF) Egg Fried Rice, Whole Wheat Roll - Bulk, fresh fruit, and veggies, and veggies Alt. Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies, and veggies	14 Breakfast: Raisin Bran Flakes Bowl, Yoplait Raspberry Yogurt Cup, fresh fruit Lunch: (DF) Chicken Bites, Whole Wheat Roll - Bulk, fresh fruit, and veggies, and veggies Alt. Lunch: (V) Pasta Alfredo, Whole Wheat Roll - I/W, fresh fruit, and veggies, and veggies	15 Breakfast: WG Pumpkin Muffin, String Cheese, fresh fruit Lunch: (V, DF) Sunflower Butter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies Alt. Lunch: (V, GF) Macho Nacho Pack, 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 Lunch: No School	26 Lunch: No School	27 Lunch: No School	28 Lunch: No School	29 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

The USDA and Summit are equal opportunity providers.