



Summit-Olympus High School

FEATURE OF THE MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1 Breakfast: Pancake, Fruit Spread - Strawberry, fresh fruit</p> <p>Lunch: (DF) Whole Grain Corn Dog Bites, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Mac and Cheese, fresh fruit, and veggies</p>	<p>2 Breakfast: Apple Chunk Muffin, String Cheese, fresh fruit</p> <p>Lunch: (V, GF) Macho Nacho Pack, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Egg Fried Rice, Whole Wheat Roll - Bulk, fresh fruit, and veggies, and veggies</p>
<p>5 Breakfast: Raisin Bran Flakes Bowl, Hardboiled Egg, fresh fruit</p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll - I/W, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Rolled Enchiladas with Refried Beans, fresh fruit, and veggies</p>	<p>6 Breakfast: Zac Attack Bar Strawberry, Yoplait Raspberry Yogurt Cup, Fruit Juice, 10oz</p> <p>Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies</p>	<p>7 Breakfast: Dipperdoodle Bar, String Cheese, fresh fruit</p> <p>Lunch: (V, GF, DF) Egg Fried Rice, Whole Wheat Roll - Bulk, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: Turkey Hot Dog with Fries, fresh fruit, and veggies</p> <p>Alt. Lunch: Chicken Caesar Salad Tray, Whole Wheat Roll - Bulk, fresh fruit, and veggies, and veggies</p>	<p>8 Breakfast: Raisin Bran Flakes Bowl, Yoplait Raspberry Yogurt Cup, fresh fruit</p> <p>Lunch: (DF) Chicken Bites, Whole Wheat Roll - Bulk, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: Cheesy Quesadilla with Refried Beans, fresh fruit, and veggies</p>	<p>9 Breakfast: WG Pumpkin Muffin, String Cheese, fresh fruit</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies</p>
<p>12 Breakfast: Honey Nut Cereal Bowl, Yoplait Raspberry Yogurt Cup, fresh fruit</p> <p>Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Hearty Chili, Cornbread Muffin, fresh fruit, and veggies, and veggies</p>	<p>13 Breakfast: Pancake, Fruit Spread - Strawberry, fresh fruit</p> <p>Lunch: (DF) Whole Grain Corn Dog Bites, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Rolled Enchiladas with Refried Beans, fresh fruit, and veggies</p>	<p>14 Breakfast: Apple Chunk Muffin, String Cheese, fresh fruit</p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll - I/W, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF) Macho Nacho Pack, fresh fruit, and veggies</p>	<p>15 Breakfast: Dipperdoodle Bar, Yoplait Raspberry Yogurt Cup, fresh fruit</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p> <p>Alt. Lunch: Cheesy Quesadilla with Refried Beans, fresh fruit, and veggies</p>	<p>16 Breakfast: WG Pumpkin Muffin, fresh fruit, Applesauce Cup</p> <p>Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF) Vegetarian Taco Salad, fresh fruit, and veggies</p>
<p>No School 19</p>	<p>No School 20</p>	<p>No School 21</p>	<p>No School 22</p>	<p>No School 23</p>
<p>26 Breakfast: Original Cheerios Bowl, fresh fruit</p> <p>Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll - I/W, fresh fruit, and veggies</p> <p>Alt. Lunch: Corn Dog Bites with Fries, Whole Wheat Roll - I/W, fresh fruit, and veggies</p>	<p>27 Breakfast: Whole Wheat Bagel, Cream Cheese Packet, Fruit Juice, 10oz</p> <p>Lunch: (V) Rolled Enchiladas with Refried Beans, Whole Wheat Roll - Bulk, fresh fruit, and veggies</p> <p>Alt. Lunch: Cheesy Quesadilla with Refried Beans, fresh fruit, and veggies</p>	<p>28 Breakfast: Apple Chunk Muffin, Yoplait Raspberry Yogurt Cup, fresh fruit</p> <p>Lunch: (DF) Hamburger, Ranch Dressing Packet, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V) Macho Nacho Pack, Ranch Dressing Packet, fresh fruit, and veggies</p> <p>Alt. Lunch: Chicken Caesar Salad, Whole Wheat Roll - Bulk, fresh fruit, and veggies</p>		

DF - Dairy Free GF - Gluten Free V - Vegetarian

ALL MEALS ARE SERVED WITH FRESH FRUITS AND ALL MEALS ARE SERVED WITH A VARIETY OF MILK

The USDA and Summit are equal opportunity providers.