



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		2			3
	6		7		8		9		10
	13		14		15		16		17
20 Breakfast: WG Honey Nut Cereal, String Cheese, fresh fruit Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies		21 Breakfast: WW Dipperdoodle Bar, Yoplait Raspberry Yogurt, Fruit Juice Lunch: Chicken Bites with Fries, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V, GF) Macho Nacho Pack, fresh fruit, and veggies	21 Breakfast: WG Zac Attack Bar Strawberry, String Cheese, fresh fruit Lunch: (DF) Meaty Moes, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Hearty Chili, Whole Wheat Roll, fresh fruit, and veggies	22 Breakfast: Whole Wheat Bagel, Cream Cheese, Yoplait Raspberry Yogurt, fresh fruit Lunch: Orange Chicken, Whole Wheat Roll, fresh fruit, and veggies, Alt. Lunch: (V) Pasta Alfredo, fresh fruit, and veggies	23 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: Turkey & Cheddar Hoagie, fresh fruit, and veggies Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	24 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: Turkey & Cheddar Hoagie, fresh fruit, and veggies Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies			
27 Breakfast: WG Honey Nut Cereal, Yoplait Raspberry Yogurt, fresh fruit Lunch: Fajita Breakfast Burrito, fresh fruit and veggies Alt. Lunch: (V, GF, DF) Egg Fried Rice, Whole Wheat Roll, fresh fruit, and veggies	27 Breakfast: WG Pancake, fresh fruit, Strawberry Fruit Spread, Applesauce Cup Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies Alt. Lunch: (GF Filling, V, DF) Soft Taco w/ Pinto Beans, fresh fruit, and veggies	28 Breakfast: WG Muffin, String Cheese, 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	29 Breakfast: WW Dipperdoodle Bar, Yoplait Raspberry Yogurt, fresh fruit Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Alt. Lunch: Cheesy Quesadilla with Refried Beans, fresh fruit, and veggies	30 Breakfast: WG Muffin, fresh fruit, Applesauce Cup Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies Alt. Lunch: (V) Veggie & Cheese Hoagie, fresh fruit, and veggies	31 Breakfast: WG Muffin, fresh fruit, Applesauce Cup Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies Alt. Lunch: (V) Veggie & Cheese Hoagie, 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.