



# Summit-Olympus High School

## FEATURE OF THE MONTH

### Montecucco Farms

Farming a total of 500 acres, Montecucco Farms grows cucumbers, rhubarb, beans, rutabagas, turnips, beets and parsnips on more than a dozen scattered parcels of land in Clackamas County. The Montecucco's began farming in 1926 and they are now one of the metro area's largest producers of fresh market vegetables!

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Lunch: No School		Lunch: No School		Lunch: No School		Lunch: No School		Lunch: No School	
Breakfast: Honey Nut Cereal Bowl, fresh fruit		Breakfast: Pancake, Fruit Spread - Strawberry, fresh fruit		Breakfast: Apple Chunk Muffin, String Cheese, fresh fruit		Breakfast: Dipperdoodle Bar, Yoplait Raspberry Yogurt Cup, fresh fruit		Breakfast: WG Pumpkin Muffin, fresh fruit, Applesauce Cup	
Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies, and veggies		Lunch: Corn Dog Bites with Fries, fresh fruit, and veggies		Lunch: (V) Mac and Cheese, Whole Wheat Roll - I/W, fresh fruit, and veggies		Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies		Lunch: Turkey & Cheddar Hoagie, fresh fruit, and veggies	
Alt. Lunch: (V, GF, DF) Hearty Chili, Cornbread Muffin, fresh fruit, and veggies, and veggies		Alt. Lunch: (V) Rolled Enchiladas with Refried Beans, fresh fruit, and veggies		Alt. Lunch: (V, GF) Macho Nacho Pack, fresh fruit, and veggies		Alt. Lunch: Cheesy Quesadilla with Refried Beans, fresh fruit, and veggies		Alt. Lunch: (V, GF) Vegetarian Taco Salad, fresh fruit, and veggies	
Breakfast: Honey Nut Cereal Bowl, Fruit Juice, 10oz		Breakfast: WG Pumpkin Muffin, String Cheese, fresh fruit		Breakfast: Dipperdoodle Bar, Yoplait Raspberry Yogurt Cup, fresh fruit		Breakfast: Raisin Bran Flakes Bowl, Applesauce Cup, fresh fruit		Breakfast: WG Pumpkin Muffin, String Cheese, fresh fruit	
Lunch: (V) Mac and Cheese, Whole Wheat Roll - I/W, fresh fruit, and veggies, and veggies		Lunch: (DF) BBQ Chicken Sandwich, fresh fruit, and veggies		Lunch: Corn Dog Bites with Fries, fresh fruit, and veggies		Lunch: (V) Pasta Alfredo, Garlic Bread, fresh fruit, and veggies		Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	
Alt. Lunch: (DF) Chicken Bites, Whole Wheat Roll - I/W, fresh fruit, and veggies, and veggies		Alt. Lunch: (V, GF, DF) Egg Fried Rice, Whole Wheat Roll - I/W, fresh fruit, and veggies		Alt. Lunch: Cheesy Quesadilla with Refried Beans, fresh fruit, and veggies		Alt. Lunch: (V) Rolled Enchiladas with Refried Beans, fresh fruit, and veggies		Alt. Lunch: Turkey & Cheddar Hoagie, fresh fruit, and veggies	
Breakfast: Original Cheerios Bowl, fresh fruit		Breakfast: Whole Wheat Bagel, Cream Cheese Packet, Fruit Juice, 10oz		Breakfast: Apple Chunk Muffin, Yoplait Raspberry Yogurt Cup, fresh fruit		Breakfast: Pancake, Fruit Spread - Strawberry, fresh fruit		Breakfast: WG Pumpkin Muffin, fresh fruit	
Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll - I/W, fresh fruit, and veggies		Lunch: (V) Rolled Enchiladas with Refried Beans, Whole Wheat Roll - I/W, fresh fruit, and veggies		Lunch: (DF) Hamburger, Ranch Dressing Packet, fresh fruit, and veggies, and veggies		Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies, and veggies		Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	
Alt. Lunch: Corn Dog Bites with Fries, fresh fruit, and veggies		Alt. Lunch: Cheesy Quesadilla with Refried Beans, fresh fruit, and veggies		Alt. Lunch: Chicken Caesar Salad Tray, Whole Wheat Roll - I/W, fresh fruit, and veggies		Alt. Lunch: Chicken Quesadilla with Refried Beans, fresh fruit, and veggies, and veggies		Alt. Lunch: Meaty Taco Salad, fresh fruit, and veggies	
Breakfast: Honey Nut Cereal Bowl, Hardboiled Egg, fresh fruit									
Lunch: Corn Dog Bites with Fries, fresh fruit, and veggies									
Alt. Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll - I/W, fresh fruit, and veggies									

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.