



Summit-Olympus High School

FEATURE OF THE MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Lunch: No School</p>	<p>1 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>2 Breakfast: Apple Chunk Muffin, Yoplait Raspberry Yogurt Cup, fresh fruit</p> <p>Lunch: (DF) Hamburger, Ranch Dressing Packet, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Egg Fried Rice, Ranch Dressing Packet, Whole Wheat Roll - Bulk, fresh fruit, and veggies</p> <p>Alt. Lunch: Chicken Caesar Salad, Whole Wheat Roll - Bulk, fresh fruit, and veggies</p>	<p>3 Breakfast: Pancake, Fruit Spread - Strawberry, fresh fruit</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p> <p>Alt. Lunch: Chicken Quesadilla with Refried Beans, fresh fruit, and veggies, and veggies</p>	<p>4 Breakfast: Banana Muffin, String Cheese, fresh fruit</p> <p>Lunch: Turkey & Cheddar Hoagie, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF) Vegetarian Taco Salad Tray, Whole Wheat Roll - I/W, fresh fruit, and veggies</p>
<p>Breakfast: Honey Nut Cereal Bowl, Hardboiled Egg, fresh fruit</p> <p>Lunch: Corn Dog Bites with Fries, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll - Bulk, fresh fruit, and veggies</p>	<p>8 Breakfast: Chocolate Chip Muffin, Yoplait Raspberry Yogurt Cup, Fruit Juice, 10oz</p> <p>Lunch: Chicken Pasta Alfredo, Whole Wheat Roll - I/W, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies</p>	<p>9 Breakfast: Dipperdoodle Bar, String Cheese, fresh fruit</p> <p>Lunch: Chicken Quesadilla with Refried Beans, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies, and veggies</p>	<p>10 Breakfast: Raisin Bran Flakes Bowl, Yoplait Raspberry Yogurt Cup, fresh fruit</p> <p>Lunch: (DF) Crunchy Chicken Tacos, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Egg Fried Rice, fresh fruit, and veggies, and veggies</p>	<p>11 Breakfast: WG Pumpkin Muffin, String Cheese, fresh fruit</p> <p>Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies</p> <p>Alt. Lunch: Chicken Caesar Salad Tray, Whole Wheat Roll - Bulk, fresh fruit, and veggies</p>
<p>Lunch: No School</p>	<p>15 Breakfast: Banana Muffin, Hardboiled Egg, fresh fruit</p> <p>Lunch: Green Chili Chicken Burrito with Refried Beans, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll - I/W, fresh fruit, and veggies</p>	<p>16 Breakfast: Apple Chunk Muffin, String Cheese, fresh fruit</p> <p>Lunch: (GF Filling, DF) Soft Chicken Tacos (chopped), fresh fruit, and veggies</p> <p>Alt. Lunch: Cheesy Quesadilla with Refried Beans, Whole Wheat Roll - Bulk, fresh fruit, and veggies</p>	<p>17 Breakfast: Dipperdoodle Bar, Yoplait Raspberry Yogurt Cup, fresh fruit</p> <p>Lunch: (DF) Teriyaki Chicken with Rice, Whole Wheat Roll - Bulk, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Rolled Enchiladas with Refried Beans, fresh fruit, and veggies</p>	<p>18 Breakfast: Pancake, Fruit Spread - Raspberry, fresh fruit</p> <p>Lunch: (V, GF) Vegetarian Taco Salad Tray, Whole Wheat Roll - I/W, fresh fruit, and veggies</p> <p>Alt. Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies</p>
<p>Breakfast: Honey Nut Cereal Bowl, Yoplait Raspberry Yogurt Cup, Fruit Juice, 10oz</p> <p>Lunch: (V) Pasta Alfredo, Whole Wheat Roll - I/W, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll - I/W, fresh fruit, and veggies, and veggies</p>	<p>22 Breakfast: Chocolate Chip Muffin, String Cheese, fresh fruit</p> <p>Lunch: (DF) BBQ Chicken Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: Cheesy Quesadilla with Refried Beans, fresh fruit, and veggies</p>	<p>23 Breakfast: Dipperdoodle Bar, Yoplait Raspberry Yogurt Cup, fresh fruit</p> <p>Lunch: Green Chili Chicken Burrito with Refried Beans, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF) Macho Nacho Pack, fresh fruit, and veggies</p>	<p>24 Breakfast: Raisin Bran Flakes Bowl, Applesauce Cup, Fruit Juice, 6oz</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>25 Breakfast: WG Pumpkin Muffin, String Cheese, fresh fruit</p> <p>Lunch: Turkey & Cheddar Hoagie, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies</p>
<p>Breakfast: Original Cheerios Bowl, Hardboiled Egg, fresh fruit</p> <p>Lunch: Chicken Stuffing & Gravy, Whole Wheat Roll - I/W, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll - I/W, fresh fruit, and veggies</p>	<p>29 Breakfast: Whole Wheat Bagel, Cream Cheese Packet, Fruit Juice, 10oz</p> <p>Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies</p> <p>Alt. Lunch: Cheesy Quesadilla with Refried Beans, fresh fruit, and veggies</p>	<p>30 Breakfast: Apple Chunk Muffin, Yoplait Raspberry Yogurt Cup, fresh fruit</p> <p>Lunch: Hamburger with Fries, Ranch Dressing Packet, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V) Rolled Enchiladas with Refried Beans, Ranch Dressing Packet, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: Chicken Caesar Salad Tray, Whole Wheat Roll - Bulk, fresh fruit, and veggies</p>	<p>31</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.



FEATURE OF THE MONTH

Bake Works

Bake Works is a family run bakery in Vancouver. They provide us with Zac Attack fruit & oat bars and Dipperdoodle bars that are all natural; skipping the high-fructose corn syrup and artificial ingredients while also being whole grain rich. They source locally whenever possible, working with farmers and growers to source the highest quality fruits and grains available.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

DF - Dairy Free GF - Gluten Free V - Vegetarian