



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
			1 Breakfast: Pancake, fresh fruit, Fruit Spread - Strawberry Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies, and veggies Alt. Lunch: Chicken Quesadilla with Refried Beans, fresh fruit, and veggies	2 Breakfast: Banana Muffin, String Cheese, fresh fruit Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies Alt. Lunch: Turkey & Cheddar Hoagie, fresh fruit, and veggies
5 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 - Bulk, fresh fruit, and veggies, and veggies	6 Breakfast: WG Pumpkin Muffin, Yoplait Raspberry Yogurt Cup, Fruit Juice, 10oz Lunch: Chicken Pasta Alfredo, Whole Wheat Roll - 1/W, fresh fruit, and veggies Alt. Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies	7 Breakfast: Dipperdoodle Bar, String Cheese, fresh fruit Lunch: Chicken Quesadilla with Refried Beans, fresh fruit, and veggies Alt. Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies, and veggies	8 Breakfast: Raisin Bran Flakes Bowl, Yoplait Raspberry Yogurt Cup, fresh fruit Lunch: (DF) Crunchy Chicken Tacos, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Cheesy Quesadilla, fresh fruit, and veggies	9 Breakfast: WG Pumpkin Muffin, String Cheese, fresh fruit Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies Alt. Lunch: Turkey & Cheddar Hoagie, fresh fruit, and veggies
12 Breakfast: Honey Nut Cereal Bowl, Yoplait Raspberry Yogurt Cup, fresh fruit Lunch: (V, GF, DF) Mac n Cheese, Whole Wheat Roll - 1/W, fresh fruit, and veggies, and veggies Alt. Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies, and veggies	13 Breakfast: Banana Muffin, Hardboiled Egg, fresh fruit Lunch: Green Chili Chicken Burrito with Refried Beans, fresh fruit, and veggies Alt. Lunch: Cheesy Quesadilla with Refried Beans, fresh fruit, and veggies	14 Breakfast: Apple Chunk Muffin, String Cheese, fresh fruit Lunch: (GF Filling, DF) Soft Chicken Tacos (chopped), fresh fruit, and veggies Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll - Bulk, fresh fruit, and veggies	15 Breakfast: Dipperdoodle Bar, Yoplait Raspberry Yogurt Cup, fresh fruit Lunch: (DF) Teriyaki Chicken with Rice, Whole Wheat Roll - Bulk, fresh fruit, and veggies Alt. Lunch: (V) Rolled Enchiladas with Refried Beans, fresh fruit, and veggies	16 No School
19 Breakfast: Honey Nut Cereal Bowl, Yoplait Raspberry Yogurt Cup, Fruit Juice, 10oz Lunch: (V) Pasta Alfredo, Garlic Bread, fresh fruit, and veggies, and veggies Alt. Lunch: (V) Mozzarella Pasta Bake, Garlic Bread, fresh fruit, and veggies, and veggies	20 Breakfast: Apple Chunk Muffin, String Cheese, fresh fruit Lunch: (DF) BBQ Chicken Sandwich, fresh fruit, and veggies, and veggies Alt. Lunch: Cheesy Quesadilla with Refried Beans, fresh fruit, and veggies	21 Breakfast: Dipperdoodle Bar, Yoplait Raspberry Yogurt Cup, fresh fruit Lunch: Green Chili Chicken Burrito with Refried Beans, fresh fruit, and veggies Alt. Lunch: (V, GF) Macho Nacho Pack, fresh fruit, and veggies	22 Breakfast: Raisin Bran Flakes Bowl, Applesauce Cup, Fruit Juice, 6oz Lunch: (V) Mac and Cheese, Whole Wheat Roll - 1/W, fresh fruit, and veggies Alt. Lunch: (V) Rolled Enchiladas with Refried Beans, fresh fruit, and veggies	23 Breakfast: WG Pumpkin 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
26 Breakfast: Original Cheerios Bowl, Hardboiled Egg, fresh fruit Lunch: Chicken Stuffing & Gravy, Whole Wheat Roll - 1/W, fresh fruit, and veggies Alt. Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll - 1/W, fresh fruit, and veggies	27 Breakfast: Whole Wheat Bagel, Cream Cheese Packet, Fruit Juice, 10oz Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies Alt. Lunch: Cheesy Quesadilla with Refried Beans, fresh fruit, and veggies	28 Breakfast: Apple Chunk Muffin, Yoplait Raspberry Yogurt Cup, fresh fruit Lunch: Hamburger with Fries, Ranch Dressing Packet, fresh fruit, and veggies, and veggies Alt. Lunch: (V) Rolled Enchiladas with Refried Beans, Ranch Dressing Packet, fresh fruit, and	29 Lunch: (V) Mac and Cheese, Whole Wheat Roll - 1/W, fresh fruit, and veggies, and veggies Breakfast: Pancake, Fruit Spread - Strawberry, fresh fruit Alt. Lunch: (DF) Whole Grain Corn Dog Bites, fresh fruit, and veggies	30 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.