



# Summit-Sierra 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	
								<b>1</b> Breakfast: Banana Muffin, String Cheese, fresh fruit  Lunch: (V) Roasted Garlic Pizza Bagel, Applesauce Cup, and veggies	
<b>4</b> Breakfast: Original Cheerios Bowl, Hardboiled Egg, fresh fruit  Lunch: Cheesy Quesadilla with Refried Beans, Whole Wheat Roll - I/W, fresh fruit, and veggies  Alt. Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll - I/W, fresh fruit, and veggies	<b>5</b> Breakfast: Whole Wheat Bagel, Cream Cheese Packet, Fruit Juice, 10oz  Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies  Alt. Lunch: Corn Dog Bites with Fries, fresh fruit, and veggies	<b>6</b> Breakfast: Apple Chunk Muffin, Yoplait Raspberry Yogurt Cup, fresh fruit  Lunch: (DF) Hamburger, Ranch Dressing Packet, fresh fruit, and veggies, and veggies  Alt. Lunch: (V, GF) Macho Nacho Pack Alt. Lunch: Chicken Caesar Salad Tray	<b>7</b> Breakfast: WG French Toast, fresh fruit, Fruit Spread - Strawberry  Lunch: (DF) Whole Grain Corn Dog Bites, fresh fruit, and veggies, and veggies  Alt. Lunch: Cheesy Quesadilla with Refried Beans, fresh fruit, and veggies, and veggies	<b>8</b> Breakfast: Banana Muffin, String Cheese, fresh fruit  Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies  Alt. Lunch: (V, GF) Vegetarian Taco Salad Tray, fresh fruit, and veggies, and veggies					
<b>11</b> Breakfast: Honey Nut Cereal Bowl, Hardboiled Egg, fresh fruit  Lunch: (V) Mac and Cheese, Whole Wheat Roll - I/W, fresh fruit, and veggies  Alt. Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies	<b>12</b> Breakfast: Apple Chunk Muffin, Yoplait Raspberry Yogurt Cup, Fruit Juice, 10oz  Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies  Alt. Lunch: Cheesy Quesadilla with Refried Beans,	<b>13</b> Breakfast: Dipperdoodle Bar, String Cheese, fresh fruit  Lunch: (V, GF, DF) Egg Fried Rice, Whole Wheat Roll - Bulk, fresh fruit, and veggies, and veggies  Alt. Lunch: (DF) Turkey Hot Dog,  Alt. Lunch:	<b>14</b> Breakfast: Raisin Bran Flakes Bowl, Yoplait Raspberry Yogurt Cup, fresh fruit  Lunch: (DF) Chicken Bites, Whole Wheat Roll - Bulk, fresh fruit, and veggies, and veggies  Alt. Lunch: (V) Pasta Alfredo, Whole Wheat Roll - I/W, fresh fruit, and veggies, and veggies	<b>15</b> Breakfast: WG Pumpkin Muffin, String Cheese, fresh fruit  Lunch: Cheesy Quesadilla with Refried Beans, Hardboiled Egg, fresh fruit, and veggies  Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies					
<b>18</b> Lunch: No School	<b>19</b> Lunch: No School	<b>20</b> Lunch: No School	<b>21</b> Lunch: No School	<b>22</b> Lunch: No School					
<b>25</b> Lunch: No School	<b>26</b> Lunch: No School	<b>27</b> Lunch: No School	<b>28</b> Lunch: No School	<b>29</b> Lunch: 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.