



Summit-Sierra High School

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	Breakfast: Dipperdoodle Bar, Hardboiled Egg, fresh fruit Lunch: (V, DA) Fiesta Pasta Salad, Tortilla Chips, fresh fruit, and veggies Alt. Lunch: (V, GF, DA) Quinoa Curry Bowl, Tortilla Chips, fresh fruit, and veggies
	4	5	6	7	8				
No School	Breakfast: Dipperdoodle Bar, fresh fruit, Applesauce Cup Lunch: Chicken Caesar Salad, 2oz Whole Wheat Roll, fresh fruit Alt. Lunch: (V, GF, DA) GF SW Black Bean Wrap, fresh fruit, and veggies	Breakfast: WG Pumpkin Muffin, String Cheese, fresh fruit Lunch: Turkey & Provolone Hoagie, fresh fruit, and veggies Alt. Lunch: (DA) Wonton Chicken Salad, fresh fruit, and veggies	Breakfast: Zac Attack Bar Strawberry, Hardboiled Egg, fresh fruit Lunch: fresh fruit, and veggies, (V, GF) Macho Nacho Pack Alt. Lunch: (V) Greek Pasta Salad, Tortilla Chips, fresh fruit, and veggies	Breakfast: WG Applesauce Muffin, String Cheese, fresh fruit Lunch: (V, GF, DA) Quinoa Curry Bowl, Whole Grain Chip Packs, fresh fruit, and veggies Alt. Lunch: Meaty Taco Salad, fresh fruit, and veggies					
11	12	13	14	15					
Breakfast: Original Cheerios, fresh fruit Lunch: Meatball Pasta Bake, Whole Grain Breadstick 2oz Alt. Lunch: (V) Mozzarella Pasta Bake, Whole Grain Breadstick 2oz Alt. Lunch: Chef Salad, 2oz Whole Wheat Roll	Breakfast: Whole Wheat Bagel, Cream Cheese Packet, Fruit Juice, 10oz Lunch: (V) Rolled Enchiladas Rojas, 2oz Whole Wheat Roll Alt. Lunch: (DA) BBQ Chicken Sandwich Alt. Lunch: (GF) Chicken Quinoa Harvest Salad, 2oz Whole Wheat Roll	Breakfast: WG Applesauce Muffin, Yogurt Cup, fresh fruit Lunch: (DA) Hamburger, Ranch Dressing Packet Alt. Lunch: (V, GF, DA) Egg Fried Rice, Ranch Dressing Packet, 2oz Whole Wheat Roll Alt. Lunch: Chicken Caesar Salad, 2oz Whole Wheat Roll	Breakfast: WG French Toast, Fruit Spread - Strawberry, fresh fruit Lunch: (V) Traditional Pizza Bagel Alt. Lunch: Chicken Quesadilla Alt. Lunch: (V) Veggie & Cheese Hoagie	Breakfast: WG Banana Muffin, String Cheese, fresh fruit Lunch: (DA) Chicken Bites, 2oz Whole Wheat Roll Alt. Lunch: Meaty Taco Salad Alt. Lunch: (V, GF) Macho Nacho Pack					
18	19	20	21	22					
Breakfast: Frosted Mini Wheats, Hardboiled Egg, fresh fruit Lunch: (DA) Whole Grain Corn Dog Bites Alt. Lunch: (V) Mozzarella Pasta Bake, 2oz Whole Wheat Roll Alt. Lunch: Chef Salad, 2oz Whole Wheat Roll	Breakfast: WG Chocolate Chip Muffin, Yogurt Cup, Fruit Juice, 10oz Lunch: Chicken Pasta Alfredo, Whole Grain Breadstick 2oz Alt. Lunch: (V) Pasta Alfredo, Whole Grain Breadstick 2oz Alt. Lunch: Chicken Caesar Salad, 2oz Whole Wheat Roll	Breakfast: Dipperdoodle Bar, String Cheese, fresh fruit Lunch: Chicken Quesadilla Alt. Lunch: (V) Bean and Cheese Burrito Alt. Lunch: (GF) Chicken Quinoa Harvest Salad, 2oz Whole Wheat Roll	Breakfast: Raisin Bran Flakes, Yogurt Cup, fresh fruit Lunch: (DA) Crunchy Chicken Tacos Alt. Lunch: (V) Premium Protein Pack Alt. Lunch: Turkey & Cheddar Hoagie	No School					
25	26	27	28	29					
Breakfast: Honey Nut Cereal, Yogurt Cup, fresh fruit Lunch: Meaty Lasagna, Whole Grain Breadstick 2oz Alt. Lunch: (V, GF, DA) Egg Fried Rice, Whole Grain Breadstick 2oz Alt. Lunch: Chicken Caesar Salad, 2oz Whole Wheat Roll	Breakfast: WG Banana Muffin, Hardboiled Egg, fresh fruit Lunch: Green Chili Chicken Burrito Alt. Lunch: (V, DA) Waffle Breakfast, Fruit Spread - Raspberry, Roasted Potatoes Alt. Lunch: Meaty Taco Salad	Breakfast: WG Applesauce Muffin, String Cheese, fresh fruit Lunch: (GF Filling, DA) Soft Chicken Tacos Alt. Lunch: (GF Filling, V, DA) Soft Taco w/ Pinto Beans Alt. Lunch: (GF) Chicken Quinoa Harvest Salad, 2oz Whole Wheat Roll	Breakfast: Dipperdoodle Bar, Yogurt Cup, fresh fruit Lunch: Sweet Thai Chicken Stir-fry, 2oz Whole Wheat Roll Alt. Lunch: (V) Sweet Thai Veggie Stir-fry, 2oz Whole Wheat Roll Alt. Lunch: Delicious Deli Pack	Breakfast: WG French Toast, Fruit Spread - Raspberry, Applesauce Cup Lunch: Pepperoni Pizza Bagel Alt. Lunch: (V) Traditional Pizza Bagel Alt. Lunch: (DA) Chicken Salad Pita Pocket					

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.