



S: Cold Alternate-GF/DF/Veg

FEATURE OF THE MONTH

Umpqua Dairy

Umpqua Dairy is the largest family owned dairy in southern Oregon. They receive fresh milk from family farms located in Oregon and SW Washington. These farmers take pride in keeping their animals healthy. The family farms have made a commitment to customers by producing milk that comes from cows not treated with rBST/rBGH*.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg	2 Lunch: (V, GF, DF) DF Vegetarian Taco Salad	3 Lunch: (V, GF, DF) Cuban Black Bean Dip
6 Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg	7 Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl	8 Lunch: (V, GF, DF) GF/DF Premium Protein Pack	9 Lunch: (V, GF, DF) GF Egg Salad Sandwich	10 Lunch: (V, GF, DF) Cuban Black Bean Dip, Frito Chip 2 oz Packs
13 Lunch: (V, GF, DF) GF Egg Salad Sandwich	14 Lunch: (V, GF, DF) Egg Fried Rice	15 Lunch: (V, GF, DF) Hearty Chili, Frito Chip 2 oz Packs	16 Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg	17 Lunch: and veggies, Frito Chip 2 oz Packs
20 Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg	21 Lunch: (V, DF) Teriyaki Black Bean & Rice	22 Lunch: (V, GF, DF) GF/DF Premium Protein Pack	23 Lunch: (V, GF, DF) GF Egg Salad Sandwich	24 Lunch: (V, GF, DF) Cuban Black Bean Dip, Frito Chip 2 oz Packs
27 Lunch: (V, GF, DF) GF Egg Salad Sandwich	28 Lunch: (V, GF, DF) Egg Fried Rice	29 Lunch: (V, GF, DF) Hearty Chili, Frito Chip 2 oz Packs	30 Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg	

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 S: Cold Alternate are equal opportunity providers.