



Covid Meal Boxes

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	
Breakfast: Honey Scooters 2oz, fresh fruit	1	Breakfast: WG Muffin, String Cheese, fresh fruit	2	Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit	3	Breakfast: Honey Graham Toasters 2oz, fresh fruit	4	Breakfast: WG Muffin, String Cheese, fresh fruit	5
Lunch: Somalian Chicken & Rice, fresh fruit, and veggies		Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies		Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies		Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies		Lunch: (GF, DF) Meaty Chili, Whole Wheat Roll, fresh fruit, and veggies	
Week 1									
Breakfast: Honey Scooters 2oz, fresh fruit	8	Breakfast: WG Muffin, String Cheese, fresh fruit	9	Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit	10	Breakfast: Honey Graham Toasters 2oz, fresh fruit	11	Breakfast: WG Muffin, String Cheese, fresh fruit	12
Lunch: Chicken Stuffing & Gravy, Whole Wheat Roll, fresh fruit, and veggies		Lunch: (DF) Meaty Spaghetti, Whole Wheat Roll, fresh fruit, and veggies		Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies		Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies		Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	
Week 2									
Breakfast: Honey Scooters 2oz, fresh fruit	15	Breakfast: WG Muffin, String Cheese, fresh fruit	16	Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit	17	Breakfast: Honey Graham Toasters 2oz, fresh fruit	18	Breakfast: WG Muffin, String Cheese, fresh fruit	19
Lunch: Corn Dog Bites, Whole Wheat Roll, fresh fruit, and veggies		Lunch: Biscuits and Gravy, fresh fruit, and veggies		Lunch: (DF) Teriyaki Chicken with Rice, Whole Wheat Roll, fresh fruit, and veggies		Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies		Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	
Week 3									
Breakfast: Honey Scooters 2oz, fresh fruit	22	Breakfast: WG Muffin, String Cheese, fresh fruit	23	Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit	24	Breakfast: Honey Graham Toasters 2oz, fresh fruit	25	Breakfast: WG Muffin, String Cheese, fresh fruit	26
Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies		Lunch: (DF) Meaty Spaghetti, Whole Wheat Roll, fresh fruit, and veggies		Lunch: Chicken Stuffing & Gravy, Whole Wheat Roll, fresh fruit, and veggies		Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies		Lunch: (V) Cheesy Beans and Rice, Frito Chip 2 oz Packs, fresh fruit, and veggies	
Week 4									

DF - Dairy Free

GF - Gluten Free

V - Vegetarian

ALL MEALS ARE SERVED WITH FRESH FRUITS AND VEGETABLES
ALL MEALS ARE SERVED WITH 1% Milk

The USDA is a equal opportunity providers.