



# Vegetarian 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	<b>1</b>	Breakfast: WG Muffin, String Cheese, fresh fruit	<b>2</b>	Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit	<b>3</b>	Breakfast: Honey Graham Toasters 2oz, fresh fruit	<b>4</b>	Breakfast: WG Muffin, String Cheese, fresh fruit	<b>5</b>
Lunch: (V) Cheesy Quesadilla 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, V) Hearty Chili, Whole Wheat Roll, fresh fruit, and veggies	
<b>Week 1</b>									
Breakfast: Honey Scooters 2oz, fresh fruit	<b>8</b>	Breakfast: WG Muffin, String Cheese, fresh fruit	<b>9</b>	Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit	<b>10</b>	Breakfast: Honey Graham Toasters 2oz, fresh fruit	<b>11</b>	Breakfast: WG Muffin, String Cheese, fresh fruit	<b>12</b>
Lunch: (V) Egg Fried Rice, Whole Wheat Roll, fresh fruit, and veggies		Lunch: (DF, V) Hearty 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	
<b>Week 2</b>									
Breakfast: Honey Scooters 2oz, fresh fruit	<b>15</b>	Breakfast: WG Muffin, String Cheese, fresh fruit	<b>16</b>	Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit	<b>17</b>	Breakfast: Honey Graham Toasters 2oz, fresh fruit	<b>18</b>	Breakfast: WG Muffin, String Cheese, fresh fruit	<b>19</b>
Lunch:(V) Cheesy Quesadilla, fresh fruit, and veggies		Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies		Lunch: (DF, V) Teriyaki Black Bean 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	
<b>Week 3</b>									
Breakfast: Honey Scooters 2oz, fresh fruit	<b>22</b>	Breakfast: WG Muffin, String Cheese, fresh fruit	<b>23</b>	Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit	<b>24</b>	Breakfast: Honey Graham Toasters 2oz, fresh fruit	<b>25</b>	Breakfast: WG Muffin, String Cheese, fresh fruit	<b>26</b>
Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies		Lunch: (DF, V) Hearty Spaghetti, Whole Wheat Roll, fresh fruit, and veggies		Lunch: (V) Egg Fried Rice, 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	
<b>Week 4</b>									

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.