



Covid Meal Box- Vegetarian

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	
28	Breakfast: Honey Scooters 2oz, fresh fruit	29	Breakfast: String Cheese, WG Muffin, fresh fruit	30	Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit	31	Breakfast: Honey Graham Toasters 2oz, fresh fruit	1	Breakfast: WG Muffin, String Cheese, fresh fruit
	Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies		Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies		Lunch: (V) Teriyaki Black Bean with Rice, fresh fruit, and veggies		Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies		Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies
4	Breakfast: Honey Scooters 2oz, fresh fruit	5	Breakfast: WG Muffin, String Cheese, fresh fruit	6	Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit	7	Breakfast: Honey Graham Toasters 2oz, fresh fruit	8	Breakfast: WG Muffin, String Cheese, fresh fruit
	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
Week 1									
11	Breakfast: Honey Scooters 2oz, fresh fruit	12	Breakfast: WG Muffin, String Cheese, fresh fruit	13	Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit	14	Breakfast: Honey Graham Toasters 2oz, fresh fruit	15	Breakfast: WG Muffin, String Cheese, fresh fruit
	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
Week 2									
18	Breakfast: Honey Scooters 2oz, fresh fruit	19	Breakfast: WG Muffin, String Cheese, fresh fruit	20	Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit	21	Breakfast: Honey Graham Toasters 2oz, fresh fruit	22	Breakfast: WG Muffin, String Cheese, fresh fruit
	Lunch: (V) Cheesy Quesadilla, fresh fruit, and veggies		Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies		Lunch: (V) Teriyaki Black Bean with Rice, 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									
25	Breakfast: Honey Scooters 2oz, fresh fruit	26	Breakfast: WG Muffin, String Cheese, fresh fruit	27	Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit	28	Breakfast: Honey Graham Toasters 2oz, fresh fruit	29	Breakfast: WG Muffin, String Cheese, fresh fruit
	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, Whole Wheat Roll, 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.