



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: Refried beans, Corn Chip, fruit and veggies
4 Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fruit and veggies	5 Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl, fruit and veggies	6 Lunch: (V, GF, DF) GF/DF Premium Protein Pack, fruit and veggies	7 Lunch: (V, GF, DF) GF Egg Salad Sandwich, fruit and veggies	8 No School
11 Lunch: (V, GF, DF) GF Egg Salad Sandwich, fruit and veggies	12 Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl, fruit and veggies	13 Lunch: (V, GF, DF) GF/DF Perfect Picnic Pack, fruit and veggies	14 Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fruit and veggies	15 No School
18 Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fruit and veggies	19 Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl, fruit and veggies	20 Lunch: (V, GF, DF) GF/DF Premium Protein Pack, fruit and veggies	21 No School	22 No School
25 Lunch: (V, GF, DF) GF Egg Salad Sandwich, fruit and veggies	26 Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl, fruit and veggies	27 Lunch: (V, GF, DF) GF/DF Perfect Picnic Pack, fruit and veggies	28 Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fruit and veggies	29 Lunch: (V, GF, DF) Refried beans, Corn Chip, fruit and veggies

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.