



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: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies
	4 Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	5 Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl, fresh fruit, and veggies		6 Lunch: Chicken Stuffing & Gravy, fresh fruit, and veggies		7 Lunch: (V) Mozzarella Pasta Bake, fresh fruit, and veggies			8 No School
	11 Lunch: (V) Mozzarella Pasta Bake, WG Garlic Bread, fresh fruit, and veggies	12 Lunch: (V) Cheesy Beans and Rice, fresh fruit, and veggies		13 Lunch: Biscuits and Gravy, fresh fruit, and veggies		14 Lunch: Chicken Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies			15 No School
	18 Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies	19 Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies		20 Lunch: Cheesy Quesadilla, fresh fruit, and veggies		21 No School			22 No School
	25 Lunch: (V, DF) Hearty Spaghetti, Whole Wheat Roll, fresh fruit, and veggies	26 Lunch: Somalian Chicken & Rice, fresh fruit, and veggies		27 Lunch: (V, GF, DF) Hearty Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies		28 Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies			29 Lunch: (DF) Breaded Chicken Breast Sandwich, fresh 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