



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		2		3	
	6	7		8		9		10	
					Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit and veggies			Lunch: (V) Traditional Pizza Bagel, fresh fruit and veggies	
	13	14		15		16		17	
Lunch: (DF) Turkey Hot Dog, fresh fruit and veggies		Lunch: (V) Cheesy Beans and Rice, fresh fruit and veggies		Lunch: Biscuits and Gravy, fresh fruit and veggies		Lunch: (V) Pasta Alfredo, WG Garlic Bread, fresh fruit and veggies		Lunch: (DF) Chicken Bites, fresh fruit and veggies	
	20	21		22		23		24	
Lunch: (V) Pasta Alfredo, WG Garlic Bread, fresh fruit and veggies		Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit and veggies		Lunch: Cheesy Quesadilla, fresh fruit and veggies		Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit and veggies		Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit and veggies	
	27	28		29		30			
Lunch: (GF Filling, DF) Soft Chicken Tacos, fresh fruit and veggies		Lunch: Somalian Chicken & Rice, fresh fruit and veggies		Lunch: (V, GF, DF) Hearty Chili, Frito Chip 2 oz Packs, fresh fruit and veggies		Lunch: (V) Bean and Cheese Burrito, 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

The USDA and Forest Grove are equal opportunity providers.