



Summit-Atlas High School

FEATURE OF THE MONTH

Truitt Bros. & Central Bean Company

We are pleased to offer locally sourced beans from Truitt Brothers this month! Truitt Bros. beans are sustainably grown by family-owned Central Bean Company in Quincy, Washington, which is Food Alliance Certified. In 2010, the company was recognized as one of Oregon's leaders in sustainable approaches to business.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Breakfast: WG Honey Nut Cereal, Yogurt Cup, Fruit Juice Lunch: Chicken Pasta Alfredo, Whole Grain Breadstick 2oz, fresh fruit, and veggies Alt. Lunch: (V) Mozzarella Pasta Bake, Whole Grain Breadstick Alt. Lunch: Chicken Caesar Salad</p> <p>2</p>	<p>Breakfast: WG Chocolate Chip Muffin, String Cheese, fresh fruit Lunch: (DA) BBQ Chicken Sandwich, fresh fruit, and veggies Lunch: Premium Protein Pack Alt. Lunch: (GF) Zesty Chicken Quinoa Salad</p> <p>3</p>	<p>Breakfast: WW Dipperdoodle Bar, Yogurt Cup, fresh fruit Lunch: Green Chili Chicken Burrito, fresh fruit, and veggies, and veggies Alt. Lunch: (V, GF) Macho Nacho Pack Alt. Lunch: Meaty Taco Salad, 2oz Whole Wheat Roll</p> <p>4</p>	<p>Breakfast: WG Frosted Mini Wheats, fresh fruit, Applesauce Lunch: Curried Chicken & Rice, 2oz WW Roll, fresh fruit, and veggies Alt. Lunch: (V, GF, DA) Curried Chickpeas & Rice Alt. Lunch: Chef Salad Bowl</p> <p>5</p>	<p>Breakfast: WG Pumpkin Muffin String Cheese, fresh fruit Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies Alt. Lunch: (DA) Breaded Chicken Breast Sandwich, Alt. Lunch: (V, DA) Sunflower Butter & Jelly Sandwich</p> <p>6</p>
<p>Breakfast: WG Original Cheerios, Hardboiled Egg, fresh fruit Lunch: Chicken Stuffing & Gravy, 2oz WW Roll, fresh fruit, and veggies Alt. Lunch: Mozzarella Pasta Bake Alt. Lunch: Chef Salad Bowl WW Roll</p> <p>9</p>	<p>Breakfast: WW Bagel, Cream Cheese Packet, Fruit Juice Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies Alt. Lunch: (DA) BBQ Chicken Sandwich Alt. Lunch: (GF) Chicken Quinoa Harvest Salad, 2oz</p> <p>10</p>	<p>Breakfast: WG Applesauce Muffin, Yogurt Cup, fresh fruit Lunch: (DA) Hamburger, Ranch Dressing Packet, fresh fruit, and veggies Alt. Lunch: (GF Filling, V, DA) Soft Taco w/ Pinto Beans, Ranch Alt. Lunch: Chicken Caesar Salad Bowl, 2oz WW Roll</p> <p>11</p>	<p>Breakfast: WW French Toast, fresh fruit, Fruit Spread Lunch: (DA) Whole Grain Corn Dog Bites, fresh fruit, and veggies, and veggies Alt. Lunch: Cheesy Quesadilla Alt. Lunch: (V) Veggie & Cheese Hoagie</p> <p>12</p>	<p>Breakfast: WG Banana Muffin String Cheese, fresh fruit Lunch: Chicken Fajitas, fresh fruit, and veggies, and veggies Alt. Lunch: (V, GF, DA) Egg Fried Rice, 2oz WW Roll Alt. Lunch: (V, GF) Macho Nacho Pack</p> <p>13</p>
<p>Breakfast: WG Frosted Mini Wheats, Hardboiled Egg, fruit Lunch: (V) Mac and Cheese, 2oz Whole Wheat Roll Alt. Lunch: (V) Mozzarella Pasta Bake, WW Garlic Bread Alt. Lunch: Chef Salad, 2oz WW Roll</p> <p>16</p>	<p>Breakfast: WG Chocolate Chip Muffin, Yogurt Cup, Fruit Juice Lunch: (DA) Breaded Chicken Breast Sandwich, fresh fruit, and veggies Alt. Lunch: (V, DA) Waffle Breakfast, Fruit Spread - Raspberry, Roasted Potatoes Alt. Lunch: Meaty Taco Salad</p> <p>17</p>	<p>Breakfast: WW Dipperdoodle Bar, String Cheese, fresh fruit Lunch: (V, GF, DA) Egg Fried Rice, Roll, fresh fruit, & veggies Alt. Lunch: (DA) Turkey Hot Dog, fresh fruit, and veggies Alt. Lunch: Chicken Caesar Salad Bowl, 2oz Whole Wheat Roll</p> <p>18</p>	<p>Breakfast: WG Raisin Bran Flakes, Yogurt Cup, fresh fruit Lunch: (DA) Chicken Bites, 2oz WW Roll, fresh fruit, and veggies Alt. Lunch: (V) Premium Protein Pack Alt. Lunch: (V) Veggie & Cheese Hoagie</p> <p>19</p>	<p>Breakfast: WG Pumpkin Muffin String Cheese, fresh fruit Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Alt. Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies Alt. Lunch: (DA) Wonton Chicken Salad</p> <p>20</p>
<p>Breakfast: WG Honey Nut Cereal, Yogurt Cup, fresh fruit Lunch: (DA) Whole Grain Corn Dog Bites, fresh fruit, & veggies Alt. Lunch: (V, GF, DA) Hearty Chili, WG Cornbread Alt. Lunch: Chicken Caesar Salad Bowl</p> <p>23</p>	<p>Breakfast: WW French Toast, Fruit Spread, fresh fruit Lunch: (DA) Crunchy Chicken Tacos, fresh fruit, and veggies Alt. Lunch: (GF Filling, V, DA) Soft Taco w/ Pinto Beans Alt. Lunch: Meaty Taco Salad</p> <p>24</p>	<p>Breakfast: WG Applesauce Muffin, String Cheese, fresh fruit Lunch: Sweet Thai Chicken Stir-fry, 2oz Roll, fresh fruit, ggies Alt. Lunch: (V) Sweet Thai Veggie Stir-fry, 2oz breadstick Alt. Lunch: Chicken Quinoa</p> <p>25</p>	<p>Breakfast: WW Dipperdoodle Bar, Yogurt Cup, fresh fruit Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Alt. Lunch: (DA) Hamburger Alt. Lunch: Delicious Deli Pack</p> <p>26</p>	<p>Breakfast: WG Banana Muffin String Cheese, fresh fruit Lunch: Turkey and Cheddar Sandwich, fresh fruit, & veggies Alt. Lunch: (V, GF) Vegetarian Taco Salad Alt. Lunch: (DA) Chicken Salad Pita Pocket</p> <p>27</p>
<p>Breakfast: Yogurt Cup, Honey Nut Cereal, Fruit Juice Lunch: Mac & Cheese, WW Roll, fruit, and veggies Alt. Lunch: Chicken Bites Alt. Lunch: Chicken Caesar Salad</p> <p>30</p>	<p>Breakfast: String Cheese, Choc Chip Muffin, Fruit Lunch: BBQ Chicken Sandwich Alt. Lunch: Egg Fried Rice Alt. Lunch: Meaty Taco Salad</p> <p>31</p>			

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 Summit are equal opportunity providers.