

SOAR Charter School Menu



April 2016

CD = Contains Dairy

GF = Gluten Free

NV = Non Vegetarian

**All meals are served with fresh fruits and vegetables.
All meals are served with a variety of milk**

Feature of the Month

Montecucco Farms

Farming a total of 500 acres, Montecucco Farms grows cucumbers, rhubarb, beans, rutabagas, turnips, beets and parsnips on more than a dozen scattered parcels of land in Clackamas County. The Montecucco's began farming in 1926 and they are now one of the metro area's largest producers of fresh market vegetables!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Breakfast: Whole Grain Apple Bar, fresh fruit Lunch (CD): Roasted Garlic Pizza Bagel, fresh fruit, and veggies
4 Breakfast: Zac Attack Bar, String Cheese, Applesauce Cup Lunch (NV): Whole Grain Chicken Corn Dog, fresh fruit, and veggies	5 Breakfast: Bran Flakes, Yogurt Cup, Fruit Juice Lunch (CD): Chili Mac, Cornbread Muffin, fresh fruit, and veggies	6 No School	7 No School	8 No School
11 No School	12 No School	13 No School	14 No School	15 No School
18 Breakfast: Cereal, Fruit Juice, Applesauce Cup Lunch (CD): Mac and Cheese, Whole Wheat Breadstick, Frozen Peaches, and veggies	19 Breakfast: Whole Grain Strawberry Bar, fresh fruit Lunch (NV): Teriyaki Chicken with Rice, Whole Wheat Roll, fresh fruit, and veggies	20 Breakfast: Whole Wheat Bagel, Cream Cheese Packet, Fruit Juice Lunch (NV): Whole Grain Chicken Corn Dog, fresh fruit, and veggies	21 Breakfast: Cereal, fresh fruit Lunch (NV,CD): Meaty Lasagna, Whole Wheat Breadstick, fresh fruit, and veggies	22 Breakfast: Bran Flakes, Hardboiled Egg, fresh fruit Lunch (CD): Traditional Pizza Bagel, fresh fruit, and veggies
25 Breakfast: Whole Grain Apple Bar, Fruit Juice Lunch (NV): Chicken Bites, Whole Wheat Breadstick, fresh fruit, and veggies	26 Breakfast: Applesauce Muffin, String Cheese, fresh fruit Lunch: Egg Fried Rice, Whole Wheat Roll, fresh fruit, and veggies	27 Breakfast: Zac Attack Bar, Fruit Juice, fresh fruit Lunch (NV): Whole Grain Chicken Corn Dog, fresh fruit, and veggies	28 Breakfast: Cereal, fresh fruit Lunch (NV): Soft Chicken Tacos, Whole Wheat Tortilla, 6", fresh fruit, and veggies	29 Breakfast: Bran Flakes, Yogurt Cup, fresh fruit Lunch (CD): Hawaiian Pizza Bagel, Hummus Cup, fresh fruit, and veggies