

SOAR Charter School Menu



December 2015

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 Spielman Wholesale Bagels

Spielman Wholesale Bagels was started from a tiny kettle in the back of owner Rick Spielman's Coffee Roasters (retail store). They are "Portland Style" kettle boiled bagels made with sourdough starter, milk and honey. This makes a crusty bagel with a wonderfully chewy center and a slight tang. They now produce over 5000 bagels per week in their wholesale bakeshop and deliver daily.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Breakfast: Zac Attack Bar, fresh fruit Lunch (GF,CD): SW Enchiladas Verde, Tortilla Chips, fresh fruit, and veggies	Breakfast: Bran Flakes, Yogurt Cup, fresh fruit Lunch: Pancake, Hardboiled Egg, Fruit Spread - Peach, fresh fruit, and Roasted Potatoes	Breakfast: Cereal, fresh fruit Lunch (CD): Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	Breakfast: Whole Grain Apple Bar, Fruit Juice Lunch (CD): Traditional Pizza Bagel, fresh fruit, and veggies
Breakfast: Zac Attack Bar, String Cheese, fresh fruit Lunch (CD): Mozzarella Pasta Bake, Whole Wheat Breadstick, fresh fruit, and veggies	Breakfast: Bran Flakes, Yogurt Cup, fresh fruit Lunch (CD): Chili Mac, Cornbread Muffin, fresh fruit, and veggies	Breakfast: Banana Muffin, Hardboiled Egg, Fruit Juice Lunch: Veggie Bean Soup, Whole Wheat Roll, fresh fruit, and veggies	Breakfast: Cereal, fresh fruit Lunch (NV): BBQ Chicken Sandwich, Whole Wheat Bun, Baked Beans, fresh fruit	Breakfast: Whole Grain Strawberry Bar, fresh fruit Lunch (CD): Traditional Pizza Bagel, fresh fruit, and veggies
Breakfast: Pumpkin Muffin, Hardboiled Egg, Fruit Juice Lunch (NV): Italian Spaghetti w/ Turkey Sausage, Whole Wheat Breadstick, fresh fruit, and veggies	Breakfast: Bran Flakes, Yogurt Cup, fresh fruit Lunch (GF filling): Bean and Rice Burrito, Whole Wheat Tortilla, 10", fresh fruit, and veggies	Breakfast: Whole Wheat Bagel, Cream Cheese Packet, fresh fruit Lunch: French Toast, Hardboiled Egg, fresh fruit, Fruit Spread - Strawberry, and Roasted Potatoes	Breakfast: Cereal, fresh fruit Lunch (NV,CD): Chicken Pot Pie, Whole Wheat Roll, fresh fruit, and veggies	Breakfast: Applesauce Muffin, String Cheese, fresh fruit Lunch (CD): Roasted Garlic Pizza Bagel, Hummus Cup, fresh fruit, and veggies
No School	No School	No School	No School	No School
No School	No School	No School	No School	No School