

# SOAR Charter School Menu



## December 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

#### 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
			1 Breakfast: Raisin Bran Flakes, Yogurt Cup, fresh fruit  Lunch: (NV) Breaded Chicken Breast Sandwich, fresh fruit, and veggies	2 Breakfast: Whole Grain Strawberry Bar, fresh fruit  Lunch: (CD) Roasted Garlic Pizza Bagel, and veggies, fresh fruit
5 Breakfast: Zac Attack Bar Apple, String Cheese, fresh fruit  Lunch: (NV) Whole Grain Chicken Corn Dog, fresh fruit, and veggies	6 Breakfast: Applesauce Muffin, Fruit Juice, fresh fruit  Lunch: (NV) Hamburger, fresh fruit, and veggies	7 Breakfast: Whole Grain Apple Bar, fresh fruit  Lunch: French Toast, Hardboiled Egg, Fruit Spread - Strawberry, fresh fruit, and roasted potatoes	8 Breakfast: Dipperdoodle Bar, Hardboiled Egg, fresh fruit  Lunch: (GF Filling) Bean and Rice Burrito, fresh fruit, and veggies, and veggies	9 Breakfast: Pumpkin Muffin, Applesauce Cup, fresh fruit  Lunch: (CD) Hawaiian Pizza Bagel, fresh fruit, and veggies
12 Breakfast: Toasted Oat Cereal, fresh fruit  Lunch: (CD) WW Mac and Cheese, Garlic Bread, fresh fruit, and veggies	13 Breakfast: Whole Grain Strawberry Bar, Fruit Juice, fresh fruit  Lunch: (CD) Tortilla Chip Casserole, fresh fruit, and veggies	14 Breakfast: Whole Wheat Bagel, Cream Cheese Packet, fresh fruit  Lunch: (NV) Turkey Hot Dog, fresh fruit, and veggies	15 Breakfast: Pumpkin Muffin, Yogurt Cup, fresh fruit  Lunch: (NV) BBQ Chicken Sandwich, fresh fruit, and veggies	16 Breakfast: Raisin Bran Flakes, fresh fruit  Lunch: (CD) Traditional Pizza Bagel, fresh fruit, and veggies, and veggies
19 No School	20 No School	21 No School	22 No School	23 No School
26 No School	27 No School	28 No School	29 No School	30 No School