

# SOAR Charter School Fresh n' Local Foods Menu



CD = Contains Dairy    GF = Gluten Free    NV = Non Vegetarian

## June 2016

### Feature of the Month

#### The Pride of the Umpqua

Harmon and Noreane Walker started farming in 1974, and today have more than 90 acres. They have been certified organic since 1998. Taking advantage of Southern Oregon's warm weather and the fertile soils deposited by the Umpqua River, they specialize in "heat loving" crops such as tomatoes, zucchini, squash, melons, berries and eggplant.

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

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|--|---|---|--|
|   |  | 1<br>Breakfast:<br>Whole Wheat Bagel, Cream Cheese Packet, Fruit Juice<br><br>Lunch (NV):<br>Hamburger, fresh fruit, and veggies, and veggies   | 2<br>Breakfast:<br>Cereal, fresh fruit<br><br>Lunch (NV,CD):<br>Meaty Lasagna, Garlic Bread, fresh fruit, and veggies | 3<br>Breakfast:<br>Applesauce Muffin, String Cheese, fresh fruit<br><br>Lunch (CD):<br>Traditional Pizza Bagel, Hummus Cup, fresh fruit, and veggies |
| 6<br>Breakfast:<br>Banana Muffin, Yogurt Cup, Fruit Juice<br><br>Lunch (CD):<br>Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies                    | 7<br>Breakfast:<br>Whole Grain Strawberry Bar, fresh fruit<br><br>Lunch (NV,GF filling):<br>Soft Chicken Tacos, Whole Wheat Tortilla, 6", fresh fruit, and veggies | 8<br>Breakfast:<br>Whole Wheat Bagel, Cream Cheese Packet, Fruit Juice<br><br>Lunch (NV):<br>Turkey Hot Dog, fresh fruit, and veggies           | 9<br>Breakfast:<br>Bran Flakes, Hardboiled Egg, fresh fruit<br><br>Lunch:<br>Egg Fried Rice, fresh fruit, and veggies | 10<br>Breakfast:<br>Cereal, fresh fruit<br><br>Lunch (NV):<br>Whole Grain Chicken Corn Dog, Ranch Dressing Packet, fresh fruit, and veggies          |
| 13<br>Breakfast:<br>Whole Grain Strawberry Bar, Fruit Juice<br><br>Lunch (NV):<br>Italian Spaghetti w/ Turkey Sausage, Garlic Bread, fresh fruit, and veggies | 14<br>Breakfast:<br>Cereal, Yogurt Cup, fresh fruit<br><br>Lunch (CD):<br>Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies                                | 15<br>Breakfast:<br>Zac Attack Bar, Hardboiled Egg, fresh fruit<br><br>Lunch (NV):<br>Breaded Chicken Breast Sandwich, fresh fruit, and veggies | 16<br>Have A Great Summer!  | 17   |
| 20  | 21   | 22  | 23  | 24   |
| 27  | 28   | 29  | 30  |  |