

SOAR Charter School Menu



June 2017

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

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Breakfast: WG Applesauce Muffin, Yogurt Cup, fresh fruit, fresh fruit Alt. Lunch: (NV) Turkey Hot Dog, fresh fruit, and veggies, and veggies	2 Breakfast: WG French Toast, Hardboiled Egg, fresh fruit, fresh fruit Lunch: (CD) Chili Mac, fresh fruit, and veggies
5 Breakfast: Whole Wheat Bagel, Cream Cheese Packet, fresh fruit Lunch: (GF Filling, NV) Soft Chicken Tacos, fresh fruit, and veggies, and veggies	6 Breakfast: WG Banana Muffin, Yogurt Cup, fresh fruit, Fruit Juice, 10oz Lunch: (NV, CD) Meaty Lasagna, WG Garlic Bread, fresh fruit, and veggies	7 Breakfast: Original Cheerios, String Cheese, fresh fruit, fresh fruit Lunch: French Toast Breakfast, Fruit Spread - Strawberry, fresh fruit, Roasted Potatoes	8 Lunch: (NV) Breaded Chicken Breast Sandwich, fresh fruit, and veggies	9 Breakfast: WG Waffle, Hardboiled Egg, fresh fruit, fresh fruit Lunch: (CD) WW Mac and Cheese, Fruit Spread - Strawberry, fresh fruit, and veggies
12 Breakfast: Whole Wheat Bagel, Cream Cheese Packet, fresh fruit Lunch: (NV) Chicken Bites, 2oz Whole Wheat Roll, fresh fruit, and veggies, and veggies	13 Breakfast: WG Banana Muffin, Yogurt Cup, fresh fruit Lunch: (NV, CD) WW Turkey Spaghetti, WG Garlic Bread, fresh fruit, and veggies	14 Breakfast: Original Cheerios, String Cheese, Fruit Juice, 10oz, fresh fruit Lunch: (NV) Hamburger, fresh fruit, and veggies	15	16
19	20	21	22	23
26	27	28	29	30