

SOAR Charter School Fresh n' Local Foods Menu



March 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

Fresh Spinach from Denison Farms

For 30 years, Tom Denison has been growing produce and selling direct to Oregon consumers. Their 20-acre farm is located just north of Corvallis, overlooking the Jackson- Frazier Wetland. They aim to grow top-quality food for the local community, and grow well over a hundred different varieties of organic fruits and

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Breakfast: Bran Flakes, Yogurt Cup, fresh fruit Lunch (GF filling): Bean and Rice Burrito, Whole Wheat Tortilla, 10", fresh fruit, and veggies	2 Breakfast: Whole Wheat Bagel, Cream Cheese Packet, Fruit Juice Lunch (CD): Pasta Alfredo, Whole Wheat Breadstick, fresh fruit, and veggies	3 Breakfast: Cereal, fresh fruit Lunch (NV): Whole Grain Chicken Corn Dog, Whole Wheat Roll, fresh fruit, and veggies	4 Breakfast: Applesauce Muffin, String Cheese, fresh fruit Lunch (CD): Roasted Garlic Pizza Bagel, fresh fruit, and veggies
7 Breakfast: Dipperdoodle Bar, Hardboiled Egg, Fruit Juice Lunch (CD): Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	8 Breakfast: Applesauce Muffin, String Cheese, fresh fruit Lunch (NV): Teriyaki Chicken with Rice, Whole Wheat Roll, fresh fruit, and veggies	9 Breakfast: Whole Wheat Bagel, Cream Cheese Packet, fresh fruit Lunch (NV): Whole Grain Chicken Corn Dog, fresh fruit, and veggies	10 Breakfast: Cereal, fresh fruit Lunch (NV,CD): Meaty Lasagna, Whole Wheat Breadstick, fresh fruit, and veggies	11 Breakfast: Whole Grain Apple Bar, fresh fruit Lunch (CD): Traditional Pizza Bagel, fresh fruit, and veggies
14 Breakfast: Banana Muffin, Yogurt Cup, Fruit Juice Lunch (CD): Mac and Cheese, Whole Wheat Breadstick, fresh fruit, and veggies	15 Breakfast: Whole Grain Strawberry Bar, fresh fruit Lunch (NV,GF filling): Soft Chicken Tacos, Whole Wheat Tortilla, 6", fresh fruit, and veggies	16 Breakfast: Whole Wheat Bagel, Cream Cheese Packet, Fruit Juice Lunch: Waffle, Hardboiled Egg, fresh fruit, Fruit Spread - Strawberry, and Roasted Potatoes	17 Breakfast: Bran Flakes, Hardboiled Egg, fresh fruit Lunch (NV): Whole Grain Chicken Corn Dog, fresh fruit, and veggies	18 Breakfast: Cereal, fresh fruit Lunch (CD): Hawaiian Pizza Bagel, fresh fruit, and veggies, and veggies
21 Breakfast: Whole Grain Strawberry Bar, Fruit Juice Lunch (NV): Italian Spaghetti w/ Turkey Sausage, Whole Wheat Breadstick, Frozen Mangoes, and veggies	22 Breakfast: Bran Flakes, Yogurt Cup, fresh fruit Lunch: Egg Fried Rice, Whole Wheat Roll, fresh fruit, and veggies	23 Breakfast: Pumpkin Muffin, Hardboiled Egg, fresh fruit Lunch (NV): Whole Grain Chicken Corn Dog, fresh fruit, and veggies	24 Breakfast: Cereal, fresh fruit Lunch (NV): Teriyaki Noodle Bowl with Chicken, Whole Wheat Roll, fresh fruit, and veggies	25 Breakfast: Dipperdoodle Bar, Cottage Cheese, fresh fruit Lunch (CD): Roasted Garlic Pizza Bagel, Hummus Cup, fresh fruit, and veggies
28 Breakfast: Applesauce Muffin, Hardboiled Egg, Fruit Juice Lunch (CD): Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	29 Breakfast: Whole Wheat Bagel, Cream Cheese Packet, fresh fruit Lunch: Pancake, Hardboiled Egg, Fruit Spread - Strawberry, fresh fruit, and Roasted Potatoes	30 Breakfast: Bran Flakes, Yogurt Cup, Fruit Juice Lunch (NV): Whole Grain Chicken Corn Dog, Whole Wheat Roll, fresh fruit and veggies	31 Breakfast: Cereal, fresh fruit Lunch (NV,CD): Cheesy Chicken and Rice, Whole Wheat Roll, fresh fruit, and veggies	