

SOAR Charter School Fresh n' Local Foods Menu



CD = Contains Dairy

GF = Gluten Free

NV = Non Vegetarian

October 2015

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

Feature of the Month

E.Z. Orchards

E.Z. Orchards and farm market are located on the outskirts of Salem and in the heart of the Willamette Valley. The Zielinski family owns and operates the farm that was established in 1929. Fresh n' Local Foods has a wonderful partnership with E.Z. Orchards and they provide us with beautiful, delicious, locally grown apples and pears during the fall season!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Breakfast: Whole Wheat Bagel, Cream Cheese Packet, fresh fruit Lunch (NV,CD): Chicken Pot Pie, Whole Wheat Roll, fresh fruit, and veggies	Breakfast: Cereal, fresh fruit Lunch (CD): Roasted Garlic Pizza Bagel, Whole Wheat Breadstick, Hummus Cup, fresh fruit, and veggies
No School	No School	Breakfast: Whole Wheat Bagel, Cream Cheese Packet, fresh fruit Lunch (GF,CD): Tortilla Chip Casserole, Tortilla Chips, fresh fruit, and veggies	Breakfast: Cereal, fresh fruit Lunch (NV,CD): Meaty Lasagna, Whole Wheat Breadstick, fresh fruit, and veggies	Breakfast: Maple Granola, Vanilla Yogurt, fresh fruit Lunch (CD): Traditional Pizza Bagel, Whole Wheat Breadstick, fresh fruit, and veggies
Breakfast: Banana Muffin, Hardboiled Egg, Applesauce Lunch (CD): Mozzarella Pasta Bake, Whole Wheat Breadstick, fresh fruit, and veggies	Breakfast: Maple Granola, Vanilla Yogurt, fresh fruit Lunch (NV,GF filling): Soft Chicken Tacos, Whole Wheat Tortilla, 6", Refried Beans, fresh fruit, and veggies	Breakfast: Whole Wheat Bagel, Cream Cheese Packet, fresh fruit Lunch: Waffle, Hardboiled Egg, fresh fruit, Fruit Spread - Peach, and roasted potatoes	Breakfast: Cereal, fresh fruit Lunch (NV): Grilled Chicken Sandwich, Veggie Dip, Whole Wheat Bun, fresh fruit, and veggies	Breakfast: Whole Grain Strawberry Bar, Hardboiled Egg, fresh fruit Lunch (CD): Hawaiian Pizza Bagel, Whole Wheat Breadstick, fresh fruit, and veggies
Breakfast: Whole Grain Energy Cookie, String Cheese, fresh fruit Lunch (NV): Italian Spaghetti w/ Turkey Sausage, Whole Wheat Breadstick, fresh fruit, and veggies	Breakfast: Pumpkin Cranberry Muffin, Hardboiled Egg, Applesauce Lunch (GF filling): Hearty Chili, Cornbread Muffin, fresh fruit, and veggies	Breakfast: Whole Wheat Bagel, Cream Cheese Packet, fresh fruit Lunch: Egg Fried Rice, Whole Wheat Roll, fresh fruit, and veggies	Breakfast: Cereal, fresh fruit Lunch (NV): Teriyaki Noodle Bowl with Chicken, Whole Wheat Roll, fresh fruit, and veggies	Breakfast: Maple Granola, Vanilla Yogurt, fresh fruit Lunch (CD): Roasted Garlic Pizza Bagel, Whole Wheat Breadstick, Hummus, fresh fruit, and veggies
Breakfast: Applesauce Muffin, Hardboiled Egg, Applesauce Lunch (CD): Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	Breakfast: Zac Attack Bar, fresh fruit Lunch (GF,CD): SW Enchiladas Verde, Tortilla Chips, fresh fruit, and veggies	Breakfast: Whole Wheat Bagel, Cream Cheese Packet, fresh fruit Lunch: Pancake, Hardboiled Egg, Fruit Spread - Peach, fresh fruit, and roasted potatoes	Breakfast: Cereal, fresh fruit Lunch (NV): Cheesy Chicken and Rice, Whole Wheat Roll, fresh fruit, and veggies	Breakfast: Maple Granola, Vanilla Yogurt, fresh fruit Lunch (CD): Traditional Pizza Bagel, Whole Wheat Breadstick, Hummus, fresh fruit, and veggies