

SOAR Charter School Fresh n' Local Menu



September 2015

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

Umpqua Dairy

Umpqua Dairy is the largest family owned dairy in southern Oregon receives fresh milk from family farms located in Oregon and SW Washington. These farmers take pride in keeping their animals healthy. The family farms have made a commitment to customers by producing milk that comes from cows not treated with rBST/rBGH*.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Breakfast: Maple Granola, Vanilla Yogurt, fresh fruit 1</p> <p>Lunch (NV,GF filling): Soft Chicken Tacos, Whole Wheat Tortilla, 6", Refried Beans, fresh fruit, and veggies</p>	<p>Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit 2</p> <p>Lunch: Waffle, Hardboiled Egg, fresh fruit, Fruit Spread - Peach, and Roasted Potatoes</p>	<p>Breakfast: Cereal, fresh fruit 3</p> <p>Lunch (NV): Grilled Chicken Sandwich, Veggie Dip, Whole Wheat Bun, fresh fruit, and veggies</p>	<p>Breakfast: Banana Muffin, fresh fruit 4</p> <p>Lunch (CD): Hawaiian Pizza Bagel, Whole Wheat Breadstick, fresh fruit, and veggies</p>
<p>Breakfast: Whole Grain Energy Cookie, String Cheese, fresh fruit 7</p> <p>Lunch (NV): Italian Spaghetti w/ Turkey Sausage, Whole Wheat Breadstick, fresh fruit, and veggies</p>	<p>Breakfast: Pumpkin Cranberry Muffin, Hardboiled Egg, Applesauce 8</p> <p>Lunch (GF filling): Hearty Chili, Cornbread Muffin, fresh fruit, and veggies</p>	<p>Breakfast: Maple Granola, Vanilla Yogurt, fresh fruit 9</p> <p>Lunch: French Toast, Hardboiled Egg, fresh fruit, Fruit Spread - Strawberry, and Roasted Potatoes</p>	<p>Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit 10</p> <p>Lunch (NV): Teriyaki Noodle Bowl with Chicken, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>Breakfast: Cereal, fresh fruit 11</p> <p>Lunch (CD): Roasted Garlic Pizza Bagel, Whole Wheat Breadstick, Hummus, fresh fruit, and veggies</p>
<p>Breakfast: Applesauce Muffin, Hardboiled Egg, Applesauce 14</p> <p>Lunch (CD): Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>Breakfast: Zac Attack Bar, fresh fruit 15</p> <p>Lunch (CD,GF): SW Enchiladas Verde, Tortilla Chips, fresh fruit, and veggies</p>	<p>Breakfast: Maple Granola, Vanilla Yogurt, fresh fruit 16</p> <p>Lunch: Pancake, Hardboiled Egg, fresh fruit, Fruit Spread - Peach, and Roasted Potatoes</p>	<p>Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit 17</p> <p>Lunch (NV,CD): Cheesy Chicken and Rice, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>Breakfast: Cereal, fresh fruit 18</p> <p>Lunch (CD): Traditional Pizza Bagel, Whole Wheat Breadstick, Hummus, fresh fruit, and veggies</p>
<p>Breakfast: Zac Attack Bar, String Cheese, fresh fruit 21</p> <p>Lunch (CD): Mozzarella Pasta Bake, Veggie Dip, Whole Wheat Breadstick, fresh fruit, and veggies</p>	<p>Breakfast: Maple Granola, Vanilla Yogurt, fresh fruit 22</p> <p>Lunch (CD): Chili Mac, Cornbread Muffin, fresh fruit, and veggies</p>	<p>Breakfast: Banana Muffin, Hardboiled Egg, Applesauce 23</p> <p>Lunch: Waffle, Hardboiled Egg, fresh fruit, Fruit Spread - Strawberry, fresh fruit, and Roasted Potatoes</p>	<p>Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit 24</p> <p>Lunch (NV): Grilled Chicken Sandwich, Whole Wheat Bun, Baked Beans, fresh fruit, and veggies</p>	<p>Breakfast: Cereal, fresh fruit 25</p> <p>Lunch (CD): Hawaiian Pizza Bagel, Whole Wheat Breadstick, fresh fruit, and veggies</p>
<p>Breakfast: Pumpkin Cranberry Muffin, Hardboiled Egg, Applesauce 28</p> <p>Lunch (NV): Italian Spaghetti w/ Turkey Sausage, Whole Wheat Breadstick, fresh fruit, and veggies</p>	<p>Breakfast: Maple Granola, Vanilla Yogurt, fresh fruit 29</p> <p>Lunch (GF filling): Bean and Rice Burrito, Whole Wheat Tortilla, 10", fresh fruit, and veggies</p>	<p>Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit 30</p> <p>Lunch: French Toast, Hardboiled Egg, fresh fruit, Fruit Spread - Peach, and Roasted Potatoes</p>		