



SOAR Charter School

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	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31
		Breakfast: WG Muffin, Applesauce Cup, fresh fruit Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies	Breakfast: WG Breakfast Bar, Fruit Juice, fresh fruit Lunch: (V, GF, DF) Egg Fried Rice, fresh fruit, and veggies	Breakfast: WG Honey Nut Cereal, String Cheese, fresh fruit Lunch: (V) Roasted Garlic Pizza Bagel, Applesauce Cup, and veggies

DF - Dairy Free

GF - Gluten Free

V - Vegetarian

ALL MEALS ARE SERVED WITH FRESH FRUITS AND VEGETABLES
 ALL MEALS ARE SERVED WITH A VARIETY OF MILK

The USDA and SOAR Charter School are equal opportunity providers.