



# SOAR Charter School

## FEATURE OF THE MONTH

### Montecucco Farms

Farming a total of 500 acres, Montecucco Farms grows cucumbers, rhubarb, beans, rutabagas, turnips, beets and parsnips on more than a dozen scattered parcels of land in Clackamas County. The Montecuccos began farming in 1926 and they are now one of the metro area's largest producers of fresh market vegetables!

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
Lunch: No School		<b>3</b> Breakfast: Apple Chunk Muffin, Banana, Applesauce Cup  Lunch: Orange Chicken, Apple, and Broccoli, frozen	<b>4</b> Breakfast: Honey Nut Cereal Bowl, String Cheese, Cantaloupe  Lunch: (DF ) Breaded Chicken Breast Sandwich, Watermelon, and Baby Carrots	<b>5</b> Breakfast: WG Pumpkin Muffin, Hardboiled Egg, Pears  Lunch: Turkey & Provolone Hoagie, Pears, Baked Beans and Celery	<b>6</b> Breakfast: Zac Attack Bar Apple, Yoplait Raspberry Yogurt Cup, Watermelon  Lunch: (V ) Traditional Pizza Bagel, Cantaloupe, and Corn, frozen					
<b>10</b> Breakfast: Dipperdoodle Bar, Cantaloupe, Fruit Juice, 6oz  Lunch: (V ) Mac and Cheese, Whole Wheat Roll - I/W, Banana, and Baby Carrots	<b>11</b> Breakfast: Apple Chunk Muffin, String Cheese, Honeydew  Lunch: (DF ) Teriyaki Chicken with Rice, Apple, and Broccoli, frozen	<b>12</b> Breakfast: Honey Nut Cereal Bowl, Yoplait Raspberry Yogurt Cup, Cantaloupe  Lunch: (DF ) Whole Grain Chicken Corn Dog, Pear and Cucumbers	<b>13</b> Breakfast: WG Pumpkin Muffin, String Cheese, Watermelon  Lunch: Turkey & Cheddar Hoagie, Oranges, Corn Salad	<b>14</b> Breakfast: Honey Nut Cereal Bowl, Hardboiled Egg, Apple  Lunch: (V ) Roasted Garlic Pizza Bagel, Honeydew, and Three Bean Salad						
<b>17</b> Breakfast: Honey Nut Cereal Bowl, String Cheese, Watermelon  Lunch: (V ) Pasta Alfredo, Garlic Bread, Cantaloupe, and Broccoli Florets	<b>18</b> Breakfast: Apple Chunk Muffin, Fruit Juice, 6oz, Honeydew  Lunch: Meatball Sub, Banana, and Cucumbers,	<b>19</b> Breakfast: Honey Nut Cereal Bowl, Hardboiled Egg, Apple  Lunch: (DF ) Chicken Bites, Whole Wheat Roll Oranges, and Baked Beans	<b>20</b> Breakfast: WG Pumpkin Muffin, Yoplait Raspberry Yogurt Cup, Pears  Lunch: (V ) Delicious Deli Pack, Apple, and Baby Carrots	<b>21</b> Breakfast: WG Strawberry Bar, Applesauce Cup, Satsuma  Lunch: (V ) Traditional Pizza Bagel, Pears, and Peas, Frozen						
<b>24</b> Breakfast: Honey Nut Cereal Bowl, String Cheese, Cantaloupe  Lunch: (DF ) Meaty Spaghetti, Garlic Bread, Honeydew, and Cucumbers	<b>25</b> Breakfast: Dipperdoodle Bar, Applesauce Cup, Banana  Lunch: Biscuits and Gravy, Pears, and Corn	<b>26</b> Breakfast: Apple Chunk Muffin, String Cheese, Apple  Lunch: (V ) Cheesy Beans and Rice Oranges, and Baby Carrots	<b>27</b> Breakfast: Honey Nut Cereal Bowl, Hardboiled Egg, Honeydew  Lunch: Turkey & Provolone Hoagie, Apple, and Broccoli Florets	<b>28</b> Breakfast: Apple Chunk Muffin, Fruit Juice, 6oz, Pears  Lunch: (V ) Roasted Garlic Pizza Bagel, Banana, and Lima Beans						

DF - Dairy Free      GF - Gluten Free      V - Vegetarian

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

The USDA and SOAR Charter School are equal opportunity providers.