



# SOAR Charter School

## FEATURE OF THE MONTH

### Spielman Wholesale Bagels

Spielman Wholesale Bagels was started from a tiny kettle in the back of owner Rick Spielman's Coffee Roasters (retail store). They are "Portland Style" kettle boiled bagels made with sourdough starter, milk and honey. This makes a crusty bagel with a wonderfully chewy center and a slight tang. They now produce over 5000 bagels per week in their wholesale bakeshop and deliver daily.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Breakfast: Hardboiled Egg, Honey Oat Granola Bar, fresh fruit	<b>1</b>	Breakfast: Whole Wheat Bagel, String Cheese, fresh fruit	<b>2</b>	Breakfast: WG Original Cheerios, Yoplait Raspberry Yogurt, fresh fruit	<b>3</b>	Breakfast: WW Zac Attack Bar Apple, String Cheese, fresh fruit	<b>4</b>	Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit	<b>5</b>
Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies		Lunch: Cheesy Quesadilla with Refried Beans, Cream Cheese, fresh fruit, and veggies		Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies		Lunch: Turkey & Cheddar Hoagie, fresh fruit, and veggies		Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	
Breakfast: String Cheese, Chocolate Grahams, fresh fruit	<b>8</b>	Breakfast: Muffin, String Cheese, fresh fruit	<b>9</b>	Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit, Fruit Juice	<b>10</b>	Breakfast: Hardboiled Egg, Honey Oat Granola Bar, fresh fruit	<b>11</b>	Lunch: No School	<b>12</b>
Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies		Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies		Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies		Lunch: Turkey & Provolone Hoagie, fresh fruit, and veggies			
Breakfast: WG Honey Nut Cereal, String Cheese, fresh fruit	<b>15</b>	Breakfast: Muffin, String Cheese, fresh fruit	<b>16</b>	Breakfast: Honey Grahams, Hardboiled Egg, fresh fruit	<b>17</b>	Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit	<b>18</b>	Breakfast: WG Original Cheerios, String Cheese, fresh fruit	<b>19</b>
Lunch: Chicken Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies		Lunch: (DF) Orange Chicken, fresh fruit, and veggies		Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies		Lunch: Delicious Deli Pack, fresh fruit, and veggies		Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	
Breakfast: WW Dipperdoodle Bar, Yoplait Raspberry Yogurt, fresh fruit	<b>22</b>	Breakfast: String Cheese, Honey Grahams, fresh fruit	<b>23</b>	Breakfast: Yoplait Raspberry Yogurt, Muffin, fresh fruit	<b>24</b>	Breakfast: WG Zac Attack Bar Strawberry, Hardboiled Egg, fresh fruit	<b>25</b>	Lunch: No School	<b>26</b>
Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, and veggies		Lunch: (V) Fajita Breakfast Burrito, fresh fruit, and veggies		Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies		Lunch: Turkey & Cheddar Hoagie, fresh fruit, and veggies			
Breakfast: WG Honey Nut Cereal, String Cheese, fresh fruit	<b>29</b>	Breakfast: Muffin, Applesauce Cup, fresh fruit	<b>30</b>	Breakfast: String Cheese, Honey Oat Granola Bar, fresh fruit	<b>31</b>				
Lunch: (V) Mozzarella Pasta Bake, WG Garlic Bread, fresh fruit, and veggies		Lunch: (DF) Orange Chicken, fresh fruit, and veggies		Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, 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

SOAR Charter School is an equal opportunity provider.