



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 |
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| | | | <p>Breakfast: WG Original Cheerios, Hardboiled Egg, fresh fruit 1</p> <p>Lunch: Turkey & Provolone Hoagie, fresh fruit, and veggies, and veggies</p> | <p>Breakfast: Yoplait Raspberry Yogurt, WW Zac Attack Bar Apple, fresh fruit 2</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p> |
| <p>Breakfast: WW Dipperdoodle Bar, fresh fruit, Fruit Juice 5</p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p> | <p>Breakfast: String Cheese, Muffin, fresh fruit 6</p> <p>Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies</p> | <p>Breakfast: Yoplait Raspberry Yogurt, Chocolate Grahams, fresh fruit 7</p> <p>Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies</p> | <p>Breakfast: String Cheese, Muffin, fresh fruit 8</p> <p>Lunch: and veggies, Turkey & Cheddar Hoagie, fresh fruit</p> | <p>Breakfast: Hardboiled Egg, WG Honey Nut Cereal, fresh fruit 9</p> <p>Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies</p> |
| <p>Lunch: No School 12</p> | <p>Breakfast: Whole Wheat Bagel, Cream Cheese, Fruit Juice, fresh fruit 13</p> <p>Lunch: Meatball Sub, fresh fruit, and veggies</p> | <p>Breakfast: Hardboiled Egg, WG Honey Nut Cereal, fresh fruit 14</p> <p>Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies</p> | <p>Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit 15</p> <p>Lunch: Delicious Deli Pack, fresh fruit, and veggies</p> | <p>Breakfast: WW Dipperdoodle Bar, fresh fruit, Applesauce Cup 16</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p> |
| <p>Breakfast: String Cheese, Honey Grahams, fresh fruit 19</p> <p>Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, and veggies</p> | <p>Breakfast: Honey Oat Granola Bar, fresh fruit, Applesauce Cup 20</p> <p>Lunch: Biscuits and Gravy, fresh fruit, and veggies</p> | <p>Lunch: No School 21</p> | <p>Lunch: No School 22</p> | <p>Lunch: No School 23</p> |
| <p>Breakfast: WW Dipperdoodle Bar, Hardboiled Egg, fresh fruit 26</p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p> | <p>Breakfast: String Cheese, Muffin, fresh fruit 27</p> <p>Lunch: Cheesy Quesadilla with Refried Beans, fresh fruit, and veggies</p> | <p>Breakfast: WG Original Cheerios, Yoplait Raspberry Yogurt, fresh fruit 28</p> <p>Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies</p> | <p>Breakfast: String Cheese, WW Zac Attack Bar Apple, fresh fruit 29</p> <p>Lunch: Turkey & Cheddar Hoagie, fresh fruit, and veggies</p> | <p>Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit 30</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p> |

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.