



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: String Cheese, Chocolate Grahams, fresh fruit	3	Breakfast: Muffin, String Cheese, fresh fruit	4	Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit, Fruit Juice	5	Breakfast: Hardboiled Egg, Honey Oat Granola Bar, fresh fruit	6	Breakfast: Muffin, fresh fruit, Applesauce Cup	7
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		Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	
Breakfast: WG Honey Nut Cereal, String Cheese, fresh fruit	10	Breakfast: Muffin, String Cheese, fresh fruit	11	Breakfast: Honey Grahams, Hardboiled Egg, fresh fruit	12	Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit	13	Breakfast: WG Original Cheerios, String Cheese, fresh fruit	14
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	17	Breakfast: String Cheese, Honey Grahams, fresh fruit	18	Breakfast: Yoplait Raspberry Yogurt, Muffin, fresh fruit	19	Breakfast: WG Zac Attack Bar Strawberry, Hardboiled Egg, fresh fruit	20	Breakfast: Honey Oat Granola Bar, String Cheese, fresh fruit	21
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		Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies	
Lunch: No School	24	Lunch: No School	25	Lunch: No School	26	Lunch: No School	27	Lunch: No School	28
Lunch: No School	31								

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.