



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	
			1		2		3		4
		Lunch: No School		Lunch: No School		Lunch: No School		Lunch: No School	
Breakfast: String Cheese, WG Zac Attack Bar Strawberry, fresh fruit	7	Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit, Fruit Juice		8	Breakfast: WG Honey Nut Cereal, Hardboiled Egg, fresh fruit	9	Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit	10	Breakfast: WW Dipperdoodle Bar, Applesauce Cup, fresh fruit
Lunch: (V) Pasta Alfredo, WG Garlic Bread, fresh fruit, and veggies		Lunch: (DF) Meatball Sub, fresh fruit, and veggies		Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies		Lunch: Turkey & Cheddar Hoagie, fresh fruit, and veggies		Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	
Breakfast: String Cheese, Honey Grahams, fresh fruit	14	Breakfast: Honey Oat Granola Bar, fresh fruit, Applesauce Cup	15	Breakfast: String Cheese, Muffin, fresh fruit	16	Breakfast: WG Honey Nut Cereal, Hardboiled Egg, fresh fruit	17	Lunch: No School	18
Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, and veggies		Lunch: Biscuits and Gravy, fresh fruit, and veggies		Lunch: (V) Cheesy Beans and Rice, fresh fruit, and veggies		Lunch: Turkey & Provolone Hoagie, fresh fruit, and veggies			
Lunch: No School	21	Breakfast: String Cheese, Muffin, fresh fruit	22	Breakfast: Yoplait Raspberry Yogurt, WG Original Cheerios, fresh fruit	23	Breakfast: String Cheese, WW Zac Attack Bar Apple, fresh fruit	24	Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit	25
		Lunch: Cheesy Quesadilla with Refried Beans, 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	28	Breakfast: String Cheese, Muffin, fresh fruit	29	Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit, Fruit Juice	30	Breakfast: Hardboiled Egg, Honey Oat Granola Bar, fresh fruit	31		
Lunch: (V) Mozzarella Pasta Bake, WG Garlic Bread, 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			

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.