



SOAR Charter School

FEATURE OF THE MONTH

Truitt Bros. & Central Bean Co.

We are pleased to offer locally sourced beans from Truitt Brothers this month! Truitt Bros. beans are sustainably grown by family-owned Central Bean Company in Quincy, Wash., which is Food Alliance Certified. In 2010, the company was recognized as one of Oregon's leaders in sustainable approaches to business.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1 Breakfast: Muffin, fresh fruit, Applesauce Cup Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	
4 Lunch: No School	5 Breakfast: WG Honey Nut Cereal, String Cheese, fresh fruit Lunch: Chicken Pasta Alfredo, fresh fruit, and veggies	6 Breakfast: Muffin, String Cheese, fresh fruit Lunch: (DF) Orange Chicken, fresh fruit, and veggies	7 Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: Delicious Deli Pack, fresh fruit, and veggies	8 Breakfast: WG Original Cheerios, String Cheese, fresh fruit Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies					
11 Breakfast: WW Dipperdoodle Bar, Yoplait Raspberry Yogurt, fresh fruit Lunch: (DF) Meaty Spaghetti, fresh fruit, and veggies	12 Breakfast: String Cheese, Annie's Honey Grahams, fresh fruit Lunch: (DF) Chicken Bites, fresh fruit, and veggies	13 Breakfast: Muffin, Yoplait Raspberry Yogurt, fresh fruit Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies	14 Breakfast: WG Zac Attack Bar Strawberry, Hardboiled Egg, fresh fruit Lunch: Turkey & Cheddar Hoagie, fresh fruit, and veggies	15 Lunch: No School					
18 Lunch: No School	19 Breakfast: Muffin, Applesauce Cup, fresh fruit Lunch: (DF) Orange Chicken, fresh fruit, and veggies	20 Breakfast: String Cheese, Honey Oat Granola Bar, fresh fruit Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies	21 Breakfast: Hardboiled Egg, WG Original Cheerios, fresh fruit Lunch: Turkey & Provolone Hoagie, fresh fruit, and veggies, and veggies	22 Breakfast: Yoplait Raspberry Yogurt, WW Zac Attack Bar Apple, fresh fruit Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies					
25 Breakfast: WW Dipperdoodle Bar, fresh fruit, Fruit Juice Lunch: (V) Mac and Cheese, fresh fruit, and veggies	26 Breakfast: Muffin, String Cheese, fresh fruit Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies	27 Breakfast: Yoplait Raspberry Yogurt, Chocolate Grahams, fresh fruit Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies	28 Breakfast: Muffin, String Cheese, fresh fruit Lunch: and veggies, Turkey & Cheddar Hoagie, fresh fruit						

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.