



SOAR Charter School

FEATURE OF THE MONTH

Don Pancho Authentic Mexican Foods

Based in Salem OR, Don Pancho was founded in 1979 by the Puentes family so that they could offer customers the delicious, authentic Mexican foods the family loved. Made with premium ingredients and a commitment to quality that's been passed down through generations, Don Pancho has also partnered with school nutritionists to develop whole grain products for school meal programs. They meet USDA nutrition guidelines while also maintaining the flavors students love!

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Lunch: No School		Lunch: No School		Lunch: No School		Lunch: No School		Lunch: No School	
Breakfast: Yoplait Raspberry Yogurt, WW Dipperdoodle Bar, fresh fruit		Breakfast: String Cheese, Annie's Honey Grahams, fresh fruit		Breakfast: Yoplait Raspberry Yogurt, Muffin, fresh fruit		Breakfast: Hardboiled Egg, WG Zac Attack Bar Strawberry, fresh fruit		Breakfast: String Cheese, Honey Oat Granola Bar, fresh fruit	
Lunch: (DF) Meaty Spaghetti, 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	
Breakfast: String Cheese, Annie's Honey Grahams, fresh fruit		Breakfast: Muffin, fresh fruit, Applesauce Cup		Breakfast: String Cheese, Honey Oat Granola Bar, fresh fruit		Breakfast: Hardboiled Egg, WG Original Cheerios, fresh fruit		Breakfast: WW Zac Attack Bar Apple, Yoplait Raspberry Yogurt, fresh fruit	
Lunch: (V) Mozzarella Pasta Bake, fresh fruit, and veggies		Lunch: (DF) Orange Chicken, fresh fruit, and veggies		Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies		Lunch: Turkey & Provolone Hoagie, fresh fruit, and veggies, and veggies		Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	
Breakfast: WW Dipperdoodle Bar, fresh fruit, Applesauce Cup		Breakfast: String Cheese, Muffin, fresh fruit		Breakfast: Yoplait Raspberry Yogurt, Chocolate Grahams, fresh fruit		Breakfast: String Cheese, Muffin, fresh fruit		Breakfast: Hardboiled Egg, WG Honey Nut Cereal, fresh fruit	
Lunch: (V) Mac and Cheese, fresh fruit, and veggies		Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies		Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies		Lunch: Turkey & Cheddar Hoagie, and veggies, fresh fruit		Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies Alt. Lunch: Turkey & Cheddar Hoagie, fresh fruit, and veggies Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	
Breakfast: String Cheese, WG Zac Attack Bar Strawberry, fresh fruit		Breakfast: String Cheese, Whole Wheat Bagel, Cream Cheese, fresh fruit							
Lunch: (V) Pasta Alfredo, fresh fruit, and veggies		Lunch: (V) Mozzarella Pasta Bake, WG Garlic Bread, 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.