



# 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	
								<b>1</b> Breakfast: WG Honey Nut Cereal, Hardboiled Egg, fresh fruit  Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies	
<b>4</b> Breakfast: String Cheese, WG Zac Attack Bar Strawberry, fresh fruit  Lunch: (V) Pasta Alfredo, fresh fruit, and veggies	<b>5</b> Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit, fresh fruit  Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies	<b>6</b> Breakfast: Hardboiled Egg, WG Honey Nut Cereal, fresh fruit  Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies	<b>7</b> Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit  Lunch: Turkey & Provolone Hoagie, fresh fruit, and veggies	<b>8</b> Breakfast: WW Dipperdoodle Bar, Applesauce Cup, fresh fruit  Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies					
<b>11</b> Breakfast: Annie's Honey Grahams, String Cheese, fresh fruit  Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies	<b>12</b> Breakfast: WG Zac Attack Bar Strawberry, Applesauce Cup, fresh fruit  Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies	<b>13</b> Breakfast: String Cheese, Muffin, fresh fruit  Lunch: (V) Cheesy Beans and Rice, fresh fruit, and veggies	<b>14</b> Breakfast: Hardboiled Egg, WG Honey Nut Cereal, fresh fruit  Lunch: Turkey & Provolone Hoagie, fresh fruit, and veggies	<b>15</b> Breakfast: String Cheese, Muffin, fresh fruit  Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies					
<b>18</b> Breakfast: Hardboiled Egg, WG Zac Attack Bar Strawberry, fresh fruit  Lunch: (V) Mac and Cheese, fresh fruit, and veggies	<b>19</b> Breakfast: String Cheese, Muffin, fresh fruit  Lunch: Cheesy Quesadilla with Refried Beans, fresh fruit, and veggies	<b>20</b> Breakfast: WG Original Cheerios, Yoplait Raspberry Yogurt, fresh fruit  Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies	<b>21</b> Breakfast: WW Zac Attack Bar Apple, String Cheese, fresh fruit  Lunch: Turkey & Cheddar Hoagie, fresh fruit, and veggies	<b>22</b> Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit  Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies					
<b>25</b> Breakfast: String Cheese, Chocolate Grahams, fresh fruit  Lunch: (V) Mozzarella Pasta Bake, WG Garlic Bread, fresh fruit, and veggies	<b>26</b> Breakfast: Muffin, String Cheese, fresh fruit  Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies	<b>27</b> Lunch: No School	<b>28</b> Breakfast: Hardboiled Egg, Honey Oat Granola Bar, fresh fruit  Lunch: Turkey & Provolone Hoagie, fresh fruit, and veggies	<b>29</b> Breakfast: Muffin, fresh fruit, Applesauce Cup  Lunch: (V) Traditional Pizza Bagel, 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.