



SOAR Charter School

FEATURE OF THE MONTH

Franz Bakery

Franz Bakery is a fourth generation, family-owned baking company based in Portland, OR. Since 1906, Franz has been providing communities with fresh bread, buns, bagels, cookies and pastries, using the highest quality ingredients. Fresh n' Local Foods is proud to partner with Franz in both Salem, OR and Tacoma, WA to provide our customers with locally produced whole grain bread, rolls and buns.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3 Breakfast: WW Dipperdoodle Bar, Yoplait Raspberry Yogurt, fresh fruit Lunch: (DF) Meaty Spaghetti, fresh fruit, and veggies		4 Breakfast: Annie's Honey Grahams, String Cheese, fresh fruit Lunch: (V) Fajita Breakfast Burrito, fresh fruit, and veggies		5 Breakfast: Yoplait Raspberry Yogurt, Muffin, fresh fruit Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies		6 Breakfast: WG Zac Attack Bar Strawberry, Hardboiled Egg, fresh fruit Lunch: Turkey & Cheddar Hoagie, fresh fruit, and veggies		7 Breakfast: Honey Oat Granola Bar, String Cheese, fresh fruit Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies	
10 Breakfast: WG Honey Nut Cereal, String Cheese, fresh fruit Lunch: (V) Mozzarella Pasta Bake, fresh fruit, and veggies		11 Breakfast: Muffin, Applesauce Cup, fresh fruit Lunch: (DF) Orange Chicken, fresh fruit, and veggies		12 Breakfast: String Cheese, Honey Oat Granola Bar, fresh fruit Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies		13 Breakfast: Hardboiled Egg, WG Original Cheerios, fresh fruit Lunch: Turkey & Provolone Hoagie, fresh fruit, and veggies, and veggies		14 Breakfast: Yoplait Raspberry Yogurt, WW Zac Attack Bar Apple, fresh fruit Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	
17 Lunch: No School		18		19		20		21	
24		25		26		27		28	

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

SOAR Charter School is an equal opportunity provider.