



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
		Breakfast: WG Honey Nut Cereal, Hardboiled Egg, fresh fruit Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies	Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: Turkey & Provolone Hoagie, fresh fruit, and veggies	Breakfast: WW Dipperdoodle Bar, fresh fruit, Applesauce Cup Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies
Breakfast: String Cheese, Annie's Honey Grahams, fresh fruit Lunch: (DF) Meaty Spaghetti, fresh fruit, and veggies	Breakfast: Honey Oat Granola Bar, fresh fruit, Applesauce Cup Lunch: Biscuits and Gravy, fresh fruit, and veggies	Breakfast: String Cheese, Muffin, fresh fruit Lunch: (V) Cheesy Beans and Rice, fresh fruit, and veggies	Breakfast: WG Honey Nut Cereal, Hardboiled Egg, fresh fruit Lunch: Turkey & Provolone Hoagie, fresh fruit, and veggies	Breakfast: Muffin, fresh fruit, Fruit Juice Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies
Breakfast: WW Dipperdoodle Bar, Hardboiled Egg, fresh fruit Lunch: (V) Mac and Cheese, fresh fruit, and veggies	Breakfast: String Cheese, Muffin, fresh fruit Lunch: Cheesy Quesadilla with Refried Beans, fresh fruit, and veggies	Breakfast: Yoplait Raspberry Yogurt, WG Original Cheerios, fresh fruit Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies	Breakfast: String Cheese, WW Zac Attack Bar Apple, fresh fruit Lunch: Turkey & Cheddar Hoagie, fresh fruit, and veggies	Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies
Breakfast: String Cheese, Chocolate Grahams, fresh fruit Lunch: (V) Mozzarella Pasta Bake, WG Garlic Bread, fresh fruit, and veggies	Breakfast: String Cheese, Muffin, fresh fruit Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies	Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit, Fruit Juice Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies	Breakfast: Hardboiled Egg, Honey Oat Granola Bar, fresh fruit Lunch: Turkey & Provolone Hoagie, fresh fruit, and veggies	Breakfast: Muffin, fresh fruit, Applesauce Cup Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies
Lunch: No School	Breakfast: String Cheese, Muffin, fresh fruit Lunch: (DF) Orange Chicken, fresh fruit, and veggies	Breakfast: Hardboiled Egg, Annie's Honey Grahams, fresh fruit Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies	Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: Turkey & Cheddar Hoagie, fresh fruit, and veggies	Breakfast: String Cheese, WG Original Cheerios, fresh fruit 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

SOAR Charter School is an equal opportunity provider.