



Impact-Puget Sound

FEATURE OF THE MONTH

Umpqua Dairy

Umpqua Dairy is the largest family owned dairy in southern Oregon. They receive fresh milk from family farms located in Oregon and SW Washington. These farmers take pride in keeping their animals healthy. The family farms have made a commitment to customers by producing milk that comes from cows not treated with rBST/rBGH*.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Breakfast: WG Muffin, Cheddar Cheese Stick, fresh fruit Lunch: (V) Cheesy Beans and Rice, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF Egg Salad Sandwich, fresh fruit, and veggies	2 Breakfast: GF WG Original Cheerios , String Cheese, fresh fruit Lunch: Biscuits and Gravy, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies	3 Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: Chicken Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF/DF Premium Protein Pack, fresh fruit	4 Breakfast: String Cheese, WG Muffin, fresh fruit Lunch: (DF) Chicken Bites, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF/DF Perfect Picnic Pack, fresh fruit
7 Breakfast: String Cheese, GF WG Original Cheerios , fresh fruit Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF/DF Premium Protein Pack, fresh fruit	8 Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF Egg Salad Sandwich, fresh fruit, and veggies	9 Breakfast: String Cheese, WG Muffin, fresh fruit Lunch: Cheesy Quesadilla, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	10 Breakfast: GF WG Original Cheerios , Cheddar Cheese Stick, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF/DF Premium Protein Pack, fresh fruit	11 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: Corn Dog Bites, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF/DF Perfect Picnic Pack, fresh fruit
14 Breakfast: String Cheese, GF WG Original Cheerios , fresh fruit Lunch: (DF) Meaty Spaghetti, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF/DF Premium Protein Pack, fresh fruit	15 Breakfast: Cheddar Cheese Stick, WG Muffin, fresh fruit Lunch: Somalian Chicken & Rice, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF Egg Salad Sandwich, fresh fruit, and veggies	16 Breakfast: String Cheese, GF WG Original Cheerios , fresh fruit Lunch: (V, GF, DF) Hearty Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	17 Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: (DF) Chicken Bites, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF/DF Premium Protein Pack, fresh fruit	18 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF/DF Perfect Picnic Pack, fresh fruit
21 Lunch: No School	22 Lunch: No School	23 Breakfast: GF WG Original Cheerios , String Cheese, fresh fruit Lunch: Chicken Stuffing & Gravy, fresh fruit, and veggies Alt. Lunch: and veggies, WG Chip Packs, fresh fruit, and veggies	24 Breakfast: WG Muffin, Cheddar Cheese Stick, fresh fruit Lunch: (DF) Meaty Spaghetti, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl, fresh fruit, and veggies	25 Breakfast: String Cheese, GF WG Original Cheerios , fresh fruit Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Cuban Black Bean Dip, WG Chip Packs, fresh fruit, and veggies
28 Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF/DF Premium Protein Pack, 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 Impact are equal opportunity providers.