



Impact-Commencement Bay

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: Cheddar Cheese Stick, WG Muffin, 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) Hearty Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, | 3 Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: Chicken Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V) 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, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V) Traditional Pizza Bagel, 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, DF) Teriyaki Black Bean & 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) Traditional Pizza Bagel, 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, DF) Hearty 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) Egg Fried 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) Mac and Cheese, Whole Wheat Roll, 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: Cheesy Quesadilla, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, | 24 Breakfast: WG Muffin, Cheddar Cheese Stick, fresh fruit Lunch: (DF) Meaty Spaghetti, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V, DF) Hearty Spaghetti, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF/DF Premium Protein Pack, fresh fruit | 25 Breakfast: String Cheese, GF WG Original Cheerios , fresh fruit Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF/DF Perfect Picnic Pack, fresh fruit |
| 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.



Hope Chinese Charter School

FEATURE OF THE MONTH

E.Z. Orchards

E.Z. Orchards and farm market are located on the outskirts of Salem and in the heart of the Willamette Valley. The Zielinski family owns and operates the farm that was established in 1929. Fresh n' Local Foods has a wonderful partnership with E.Z. Orchards and they provide us with beautiful, delicious, locally grown apples and pears!

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|--------|---------|-----------|----------|--------|
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| 7 | 8 | 9 | 10 | 11 |
| 14 | 15 | 16 | 17 | 18 |
| 21 | 22 | 23 | 24 | 25 |
| 28 | | | | |

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