



Summit-Olympus High School

FEATURE OF THE MONTH

Spielman Wholesale Bagels

Spielman Wholesale Bagels was started from a tiny kettle in the back of owner Rick Spielman's Coffee Roasters (retail store). They are "Portland Style" kettle boiled bagels made with sourdough starter, milk and honey. This makes a crusty bagel with a wonderfully chewy center and a slight tang. They now produce over 5000 bagels per week in their wholesale bakeshop and deliver daily.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>Breakfast: Dipperdoodle Bar, Yoplait Raspberry Yogurt Cup, fresh fruit 1</p> <p>Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies</p> <p>Alt. Lunch: Chicken Fajitas, fresh fruit, and veggies</p> <p>Alt. Lunch: Cheesy Quesadilla, fresh fruit, and veggies</p>	<p>Breakfast: Honey Nut Cereal Bowls, Applesauce Cup, fresh fruit 2</p> <p>Lunch: (DF) BBQ Chicken Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Premium Protein Pack, fresh fruit, and veggies</p> <p>Alt. Lunch: Chicken Caesar Salad Tray, Whole Wheat Roll - I/W, fresh fruit, and veggies</p>	<p>Breakfast: WG Pumpkin Muffin, String Cheese, fresh fruit 3</p> <p>Lunch: Chicken Caesar Salad Tray, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF) Vegetarian Taco Salad Tray, fresh fruit, and veggies</p> <p>Alt. Lunch: Turkey & Cheddar Hoagie, fresh fruit, and veggies</p>
<p>Breakfast: Original Cheerios Bowl, String Cheese, fresh fruit 6</p> <p>Lunch: Meatball Pasta Bake, Breadstick 1oz, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Mozzarella Pasta Bake, Breadstick 1oz, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies</p>	<p>Breakfast: Whole Wheat Bagel, Cream Cheese Packet, Fruit Juice, 10oz 7</p> <p>Lunch: (V) Rolled Enchiladas Rojas, Whole Wheat Roll - I/W, fresh fruit, and veggies</p> <p>Alt. Lunch: (DF) BBQ Chicken Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (DF) Whole Grain Corn Dog Bites, Whole Wheat Roll - I/W, fresh fruit,</p>	<p>Breakfast: Apple Chunk Muffin, Yoplait Raspberry Yogurt Cup, fresh fruit 8</p> <p>Lunch: (DF) Hamburger, Ranch Dressing Packet, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Egg Fried Rice, Ranch Dressing, WW Roll, fresh fruit, veggies</p> <p>Alt. Lunch: Chicken Caesar Salad</p>	<p>Breakfast: Pancake, Fruit Spread - Strawberry, fresh fruit 9</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: Chicken Quesadilla, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V, DF) Messy Moes, fresh fruit, and veggies, and veggies</p>	<p>Lunch: No School 10</p>
<p>Breakfast: Dipperdoodle Bar, Hardboiled Egg, Fruit Juice, 10oz 13</p> <p>Lunch: (DF) Whole Grain Corn Dog Bites, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll - I/W, fresh fruit, and veggies</p> <p>Alt. Lunch: Chicken Caesar Salad Tray</p>	<p>Breakfast: Chocolate Chip Muffin, Yoplait Raspberry Yogurt Cup, Fruit Juice, 10oz 14</p> <p>Lunch: Chicken Pasta Alfredo, Whole Wheat Roll - I/W, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Pasta Alfredo, Whole Wheat Roll - I/W, fresh fruit, and veggies</p> <p>Alt. Lunch: Chicken Caesar Salad Tray, Whole Wheat Roll - I/W, fresh fruit, and veggies</p>	<p>Breakfast: Dipperdoodle Bar, String Cheese, fresh fruit 15</p> <p>Lunch: Chicken Quesadilla, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: Meaty Taco Salad Tray, Whole Wheat Roll - I/W, fresh fruit, and veggies,</p>	<p>Breakfast: Raisin Bran Flakes Bowl, Yoplait Raspberry Yogurt Cup, fresh fruit 16</p> <p>Lunch: (DF) Crunchy Chicken Tacos, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V) Premium Protein Pack, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: Turkey & Cheddar Hoagie, fresh fruit, and veggies, and veggies</p>	<p>Breakfast: WG Pumpkin Muffin, String Cheese, fresh fruit 17</p> <p>Lunch: Chicken Caesar Salad Tray, Whole Wheat Roll - I/W, fresh fruit, and veggies</p> <p>Alt. Lunch: Turkey & Cheddar Hoagie, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF) Vegetarian Taco Salad Tray, fresh fruit, and veggies</p>
<p>Lunch: No School 20</p>	<p>Lunch: No School 21</p>	<p>Lunch: No School 22</p>	<p>Lunch: No School 23</p>	<p>Lunch: No School 24</p>
<p>Breakfast: Honey Nut Cereal Bowl, Yoplait Raspberry Yogurt Cup, Fruit Juice, 10oz 27</p> <p>Lunch: Chicken Pasta Alfredo, Whole Wheat Roll - I/W, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Mozzarella Pasta Bake, Breadstick 1oz, fresh fruit, and veggies</p> <p>Alt. Lunch: Chicken Caesar Salad</p>	<p>Breakfast: Chocolate Chip Muffin, String Cheese, fresh fruit 28</p> <p>Lunch: (DF) BBQ Chicken Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Premium Protein Pack, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF) Macho Nacho Pack, fresh fruit, and veggies</p>	<p>Breakfast: Dipperdoodle Bar, Yoplait Raspberry Yogurt Cup, fresh fruit 29</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF) Macho Nacho Pack, fresh fruit, and veggies</p> <p>Alt. Lunch: Meaty Taco Salad, Whole Wheat Roll - I/W, fresh fruit, and veggies</p>	<p>Breakfast: WG Pumpkin Muffin, Applesauce Cup, fresh fruit 30</p> <p>Lunch: Green Chili Chicken Burrito, Whole Wheat Roll - I/W, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll - I/W, fresh fruit, and veggies</p> <p>Alt. Lunch: Chef Salad Tray, Whole Wheat Roll - I/W, fresh fruit, and veggies</p>	

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 Summit are equal opportunity providers.



Rainier Prep

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		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

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