



Summit-Olympus High School

FEATURE OF THE MONTH

Bake Works

Bake Works is a family run bakery in Vancouver. They provide us with Zac Attack fruit & oat bars and Dipperdoodle bars that are all natural; skipping the high-fructose corn syrup and artificial ingredients while also being whole grain rich. They source locally whenever possible, working with farmers and growers to source the highest quality fruits and grains available.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
			1		2		3		4
	7		8		9		10		11
	14		15		16		17		18
Breakfast: Dipperdoodle Bar, Applesauce Cup, Fruit Juice, 10oz	21	Breakfast: WG Applesauce Muffin, String Cheese, fresh fruit	22	Breakfast: Honey Nut Cereal, Yogurt Cup, fresh fruit	23	Breakfast: WG Pumpkin Muffin, Hardboiled Egg, Fruit Juice, 10oz	24	Breakfast: Frosted Mini Wheats, Yogurt Cup, fresh fruit	25
Lunch: (V) Veggie & Cheese Hoagie, fresh fruit, and veggies		Lunch: (GF) Chicken Quinoa Harvest Salad, 2oz Whole Wheat Roll, fresh fruit		Lunch: (DF) Chicken Salad Pita Pocket, fresh fruit, and veggies		Lunch: (V) Greek Pasta Salad, Tortilla Chips, fresh fruit, and veggies		Lunch: Ham & Cheddar Hoagie, fresh fruit, and veggies	
Alt. Lunch: Meaty Taco Salad, fresh fruit, and veggies		Alt. Lunch: (V) Vegetarian Chef Salad, 2oz Whole Wheat Roll, fresh fruit		Alt. Lunch: (V, DF) Chicken Quinoa Harvest Salad, 2oz Whole Wheat Roll, fresh fruit, and veggies		Alt. Lunch: Chicken Caesar Salad, 2oz Whole Wheat Roll, fresh fruit, and veggies		Alt. Lunch: (V, GF, DF) Quinoa Curry Bowl, fresh fruit, and veggies	
Breakfast: Zac Attack Bar Strawberry, String Cheese, fresh fruit	28	Breakfast: Whole Wheat Bagel, Cream Cheese Packet, Fruit Juice, 10oz	29	Breakfast: Honey Nut Cereal, String Cheese, fresh fruit	30	Breakfast: WG Pumpkin Muffin, Yogurt Cup, fresh fruit	31		
Lunch: Turkey & Provolone Hoagie, fresh fruit, and veggies		Lunch: (DF) Wonton Chicken Salad, 2oz Whole Wheat Roll, fresh fruit		Lunch: (GF) Zesty Chicken Quinoa Salad, 2oz Whole Wheat Roll, Hummus Cup, fresh fruit, and veggies		Lunch: Ham & Provolone Hoagie, fresh fruit, and veggies			
Alt. Lunch: (V, DF) Egg Salad Sandwich, fresh fruit, and veggies		Alt. Lunch: (V, DF) Chicken Caesar Salad, 2oz Whole Wheat Roll, fresh fruit		Alt. Lunch: (V) Veggie & Cheese Hoagie, Hummus Cup, fresh fruit, and veggies		Alt. Lunch: (V, GF) Vegetarian Taco Salad, 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

The USDA and Summit are equal opportunity providers.