



# 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
				<b>1</b> Breakfast: Dipperdoodle Bar, Hardboiled Egg, fresh fruit  Lunch: (V, DA) Fiesta Pasta Salad, Tortilla Chips, fresh fruit, and veggies  Alt. Lunch: (V, GF, DA) Quinoa Curry Bowl, Tortilla Chips, fresh fruit, and veggies
No School	<b>4</b> Breakfast: Dipperdoodle Bar, fresh fruit, Applesauce Cup  Lunch: Chicken Caesar Salad, 2oz Whole Wheat Roll, fresh fruit  Alt. Lunch: (V, GF, DA) GF SW Black Bean Wrap, fresh fruit, and veggies	<b>5</b> Breakfast: WG Pumpkin Muffin, String Cheese, fresh fruit  Lunch: Turkey & Provolone Hoagie, fresh fruit, and veggies  Alt. Lunch: (DA) Wonton Chicken Salad, fresh fruit, and veggies	<b>6</b> Breakfast: Zac Attack Bar Strawberry, Hardboiled Egg, fresh fruit  Lunch: fresh fruit, and veggies, (V, GF) Macho Nacho Pack  Alt. Lunch: (V) Greek Pasta Salad, Tortilla Chips, fresh fruit, and veggies	<b>7</b> <b>8</b> Breakfast: WG Applesauce Muffin, String Cheese, fresh fruit  Lunch: (V, GF, DA) Quinoa Curry Bowl, Whole Grain Chip Packs, fresh fruit, and veggies  Alt. Lunch: Meaty Taco Salad, fresh fruit, and veggies
<b>11</b> Breakfast: Original Cheerios, fresh fruit  Lunch: Meatball Pasta Bake, Whole Grain Breadstick 2oz Alt. Lunch: (V) Mozzarella Pasta Bake, Whole Grain Breadstick 2oz Alt. Lunch: Chef Salad, 2oz Whole Wheat Roll	<b>12</b> Breakfast: Whole Wheat Bagel, Cream Cheese Packet, Fruit Juice, 10oz  Lunch: (V) Rolled Enchiladas Rojas, 2oz Whole Wheat Roll Alt. Lunch: (DA) BBQ Chicken Sandwich Alt. Lunch: (GF) Chicken Quinoa Harvest Salad, 2oz Whole Wheat Roll	<b>13</b> Breakfast: WG Applesauce Muffin, Yogurt Cup, fresh fruit  Lunch: (DA) Hamburger, Ranch Dressing Packet Alt. Lunch: (V, GF, DA) Egg Fried Rice, Ranch Dressing Packet, 2oz Whole Wheat Roll Alt. Lunch: Chicken Caesar Salad, 2oz Whole Wheat Roll	<b>14</b> Lunch: Chicken Caesar Salad, 2oz Whole Wheat Roll, fresh fruit, and veggies  Alt. Lunch: (V) Ham & Cheese Hoagie	No School
<b>18</b> Breakfast: Frosted Mini Wheats, Hardboiled Egg, fresh fruit  Lunch: (DA) Whole Grain Corn Dog Bites Alt. Lunch: (V) Mozzarella Pasta Bake, 2oz Whole Wheat Roll Alt. Lunch: Chef Salad, 2oz Whole Wheat Roll	<b>19</b> Breakfast: WG Chocolate Chip Muffin, Yogurt Cup, Fruit Juice, 10oz  Lunch: Chicken Pasta Alfredo, Whole Grain Breadstick 2oz Alt. Lunch: (V) Pasta Alfredo, Whole Grain Breadstick 2oz Alt. Lunch: Chicken Caesar Salad, 2oz Whole Wheat Roll	<b>20</b> Breakfast: Dipperdoodle Bar, String Cheese, fresh fruit  Lunch: Chicken Quesadilla Alt. Lunch: (V) Bean and Cheese Burrito Alt. Lunch: (GF) Chicken Quinoa Harvest Salad, 2oz Whole Wheat Roll	<b>21</b> Breakfast: Raisin Bran Flakes, Yogurt Cup, fresh fruit  Lunch: (DA) Crunchy Chicken Tacos  Alt. Lunch: (V) Premium Protein Pack  Alt. Lunch: Turkey & Cheddar Hoagie	No School
<b>25</b> Breakfast: Honey Nut Cereal, Yogurt Cup, fresh fruit  Lunch: Meaty Lasagna, Whole Grain Breadstick 2oz Alt. Lunch: (V, GF, DA) Egg Fried Rice, Whole Grain Breadstick 2oz Alt. Lunch: Chicken Caesar Salad, 2oz Whole Wheat Roll	<b>26</b> Breakfast: WG Banana Muffin, Hardboiled Egg, fresh fruit  Lunch: Green Chili Chicken Burrito Alt. Lunch: (V, DA) Waffle Breakfast, Fruit Spread - Raspberry, Roasted Potatoes Alt. Lunch: Meaty Taco Salad	<b>27</b> Breakfast: WG Applesauce Muffin, String Cheese, fresh fruit  Lunch: (GF Filling, DA) Soft Chicken Tacos Alt. Lunch: (GF Filling, V, DA) Soft Taco w/ Pinto Beans Alt. Lunch: (GF) Chicken Quinoa Harvest Salad, 2oz Whole Wheat Roll	<b>28</b> Breakfast: Dipperdoodle Bar, Yogurt Cup, fresh fruit  Lunch: Sweet Thai Chicken Stir-fry, 2oz Whole Wheat Roll Alt. Lunch: (V) Sweet Thai Veggie Stir-fry, 2oz Whole Wheat Roll Alt. Lunch: Delicious Deli Pack	<b>29</b> Breakfast: WG French Toast, Fruit Spread - Raspberry, Applesauce Cup  Lunch: Pepperoni Pizza Bagel Alt. Lunch: (V) Traditional Pizza Bagel Alt. Lunch: (DA) Chicken Salad Pita Pocket

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.