



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



Rainier Prep

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