



Orders Due Friday, September 18th

# OCTOBER 2020

## Covid Meal Boxes

You must order by the week rather than the day. You can order for 1,2,3,4 or all weeks. You will get both lunch and breakfast.

Cost per week: \$32.00 for a five day week/\$25.60 for a four day week/\$19.20 for a three day week.

Remember to make a copy for your records

Student \_\_\_\_\_

Teacher \_\_\_\_\_

### 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
			<b>1</b> Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, Meal Kit Salad	<b>2</b> Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V, GF, DF) Hearty Chili, WG Chip Packs, fresh fruit, Meal Kit Salad
<b>5</b> Breakfast: Honey Scooters 2oz, fresh fruit Lunch: Chicken Bites, fresh fruit, and veggies,  <b>Week 1</b>	<b>6</b> Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, fresh fruit, and veggies,	<b>7</b> Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit Lunch: (DF) Teriyaki Chicken & Rice, fresh fruit, and veggies	<b>8</b> Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	<b>9</b> Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: Bangers & Mash, Whole Wheat Roll, fresh fruit, and veggies
<b>12</b> Breakfast: Honey Scooters 2oz, fresh fruit Lunch: Chicken Stuffing & Gravy, fresh fruit, and Meal Kit Salad  <b>Week 2</b>	<b>13</b> Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V) Hearty Spaghetti, Whole Wheat Roll, fresh fruit, and Meal Kit Salad	<b>14</b> Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit Lunch: (DF) Pancake & Sausage, fresh fruit, and Meal Kit Salad	<b>15</b> Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and Meal Kit Salad	<b>16</b> Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V, GF, DF) Hearty Chili, WG Chip Packs, fresh fruit, and Meal Kit Salad
<b>19</b> Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: (V, DF) Teriyaki Black Beans & Rice, Whole Wheat Roll, fresh fruit, and veggies <b>Week 3</b>	<b>20</b> Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies	<b>21</b> Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit Lunch: Bangers & Mash, Whole Wheat Roll, fresh fruit, and veggies	<b>22</b> Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: Chicken Bites, fresh fruit, and veggies	<b>23</b> Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V) Cheesy Beans and Rice, WG Chip Packs, fresh fruit, and veggies
<b>26</b> Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: Somalian Chicken & Rice, fresh fruit, and Meal Kit Salad <b>Week 4</b>	<b>27</b> Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and Meal Kit Salad	<b>28</b> Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit Lunch: Corn Dog Bites, fresh fruit, and Meal Kit Salad	<b>29</b> Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and Meal Kit Salad	<b>30</b> Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (DF) Pancake & Sausage, fresh fruit, and Meal Kit Salad

DF - Dairy Free

GF - Gluten Free

V - Vegetarian

ALL MEALS ARE SERVED WITH FRUITS AND VEGETABLES ALL  
MEALS ARE SERVED WITH A VARIETY OF MILK

*The USDA is a equal opportunity providers.*

Molalla River Academy is an equal opportunity provider.