



JANUARY 2021

Covid Meal Box

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 breakfast and lunches. Orders due to Ms Pam by December 16th. Current guidelines allow for meals to be served to children 1-18 even during school breaks.

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
<p>28</p> <p>Breakfast: Honey Scooters 2oz, fresh fruit</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p>	<p>29</p> <p>Breakfast: String Cheese, WG Muffin, fresh fruit</p> <p>Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>30</p> <p>Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit</p> <p>Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies</p>	<p>31</p> <p>Breakfast: Honey Graham Toasters 2oz, fresh fruit</p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>1</p> <p>Breakfast: WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies</p>
<p>4</p> <p>Breakfast: Honey Scooters 2oz, fresh fruit</p> <p>Lunch: Somalian Chicken & Rice, fresh fruit, and veggies</p> <p>Week 1</p>	<p>5</p> <p>Breakfast: WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>6</p> <p>Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p>	<p>7</p> <p>Breakfast: Honey Graham Toasters 2oz, fresh fruit</p> <p>Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>8</p> <p>Breakfast: WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: (GF, DF) Meaty Chili, Whole Wheat Roll, fresh fruit, and veggies</p>
<p>11</p> <p>Breakfast: Honey Scooters 2oz, fresh fruit</p> <p>Lunch: Chicken Stuffing & Gravy, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Week 2</p>	<p>12</p> <p>Breakfast: WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: (DF) Meaty Spaghetti, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>13</p> <p>Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p>	<p>14</p> <p>Breakfast: Honey Graham Toasters 2oz, fresh fruit</p> <p>Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies</p>	<p>15</p> <p>Breakfast: WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p>
<p>18</p> <p>Breakfast: Honey Scooters 2oz, fresh fruit</p> <p>Lunch: Corn Dog Bites, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Week 3</p>	<p>19</p> <p>Breakfast: WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: Biscuits and Gravy, fresh fruit, and veggies</p>	<p>20</p> <p>Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit</p> <p>Lunch: (DF) Teriyaki Chicken with Rice, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>21</p> <p>Breakfast: Honey Graham Toasters 2oz, fresh fruit</p> <p>Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>22</p> <p>Breakfast: WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p>
<p>25</p> <p>Breakfast: Honey Scooters 2oz, fresh fruit</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p> <p>Week 4</p>	<p>26</p> <p>Breakfast: WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: (DF) Meaty Spaghetti, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>27</p> <p>Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit</p> <p>Lunch: Chicken Stuffing & Gravy, fresh fruit, and veggies</p>	<p>28</p> <p>Breakfast: Honey Graham Toasters 2oz, fresh fruit</p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>29</p> <p>Breakfast: WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: (V) Cheesy Beans and Rice, Whole Wheat Roll, 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 1% MILK

The USDA is a equal opportunity providers.

Molalla River Academy is an equal opportunity provider.