



Orders due August 21st 2020

SEPTEMBER 2020

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
	1	2	3	4
No School	7 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies	8 Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies	9 Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	10 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies
Breakfast: Honey Scooters 2oz, fresh fruit Lunch: Chicken Stuffing & Gravy, fresh fruit, and Meal Kit Salad	14 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V, DF) Hearty Spaghetti, Whole Wheat Roll, fresh fruit, and Meal Kit Salad	15 Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit Lunch: (V, GF, DF) Egg Fried Rice, fresh fruit, and Meal Kit Salad	16 Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and Meal Kit Salad	17 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V, GF, DF) Hearty Chili, WG Chip Packs, fresh fruit, and Meal Kit Salad
Breakfast: Honey Scooters 2oz, fresh fruit Lunch: (V, DF) Teriyaki Black Bean & Rice, fresh fruit,veggies	21 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, veggies	22 Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit Lunch: Chicken Quesadilla , fresh fruit, veggies	23 Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, veggies	24 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V) Cheesy Beans and Rice, fresh fruit, veggies
Breakfast: Honey Scooters 2oz, fresh fruit Lunch: Somalian Chicken & Rice fresh fruit, Meal Kit Salad	28 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, Meal Kit Salad	29 Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit Lunch: WW Mini Corn Dogs fresh fruit, Meal Kit Salad	30	

DF - Dairy Free

GF - Gluten Free

V - Vegetarian

ALL MEALS ARE SERVED WITH FRESH, ORGANIC FRUITS AND VEGETABLES
ALL MEALS ARE SERVED WITH MILK

The USDA and Molalla River Academy are equal opportunity providers.