



DECEMBER 2020

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 November 19th. Current guidelines allow for meals to be served to children 1-18 even during school breaks. This means meals can be ordered for Christmas break and would need to be picked up per the usual schedule IF you choose to order for those weeks.

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
30 Breakfast: Honey Scooters 2oz, fresh fruit Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Week 1	1 Breakfast: String Cheese, WG Muffin, fresh fruit Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies	2 Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies	3 Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	4 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies
7 Breakfast: Honey Scooters 2oz, fresh fruit Lunch: Chicken Stuffing & Gravy, fresh fruit, and veggies Week 2	8 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (DF) Meaty Spaghetti, Whole Wheat Roll, fresh fruit, and veggies	9 Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: Traditional Pizza Bagel fresh fruit, and veggies	10 Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies	11 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V, GF, DF) Hearty Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies
14 Breakfast: Honey Scooters 2oz, fresh fruit Lunch: Somalian Chicken & Rice, fresh fruit, and veggies Week 3	15 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies	16 Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	17 Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, fresh fruit, and veggies	18 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, fresh fruit
21 Breakfast: Honey Scooters 2oz, fresh fruit Lunch: (V) Cheesy Beans and Rice, WG Chip Packs, fresh fruit, and veggies Week 4	22 Breakfast: String Cheese, WG Muffin, fresh fruit Lunch: Biscuits and Gravy, fresh fruit, and veggies	23 Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: Corn Dog Bites, fresh fruit, and veggies	24 Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies	25 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: Traditional Pizza Bagel fresh fruit, and veggies
28 Breakfast: Honey Scooters 2oz, fresh fruit Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Week 5	29 Breakfast: String Cheese, WG Muffin, fresh fruit Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies	30 Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies	31 Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	1 Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (DF) Chicken Bites, Whole Wheat Roll, 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 1% MILK

The USDA is a equal opportunity providers.

Molalla River Academy is an equal opportunity provider.