



ORDERS DUE 8/26

SEPTEMBER 2019

# Molalla River Academy

## FEATURE OF THE MONTH

### Bake Works

Bake Works is a family run bakery in Vancouver. They provide us with Zac Attack fruit & oat bars and Dipperdoodle bars that are all natural; skipping the high-fructose corn syrup and artificial ingredients while also being whole grain rich. They source locally whenever possible, working with farmers and growers to source the highest quality fruits and grains available.

Cost \$420 or \$4.50 Adults

Remember to make a copy for your records

Student: \_\_\_\_\_

Teacher: \_\_\_\_\_

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>No School</p>	<p>3</p> <p>Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies</p>	<p>4</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p>	<p>5</p> <p>Lunch: Chicken Pot Pie, fresh fruit, and veggies</p>	<p>6</p> <p>Lunch: (V) Cheesy Beans and Rice, fresh fruit, and veggies</p>
<p>9</p> <p>Lunch: Chicken Stuffing &amp; Gravy, fresh fruit, and veggies</p>	<p>10</p> <p>Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies</p>	<p>11</p> <p>Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies</p>	<p>12</p> <p>Lunch: (V, GF, DF) Egg Fried Rice, fresh fruit, and veggies</p>	<p>13</p> <p>Lunch: (DF) BBQ Chicken Sandwich, fresh fruit, and veggies</p>
<p>16</p> <p>Lunch: Chicken Pasta Alfredo, Ranch, WG Garlic Bread, fresh fruit, and veggies</p>	<p>17</p> <p>Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>18</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p>	<p>19</p> <p>Lunch: (DF) Orange Chicken, fresh fruit, and veggies</p>	<p>20</p> <p>Lunch: (V, GF, DF) Hearty Chili, WG Tortilla Chips, fresh fruit, and veggies</p>
<p>23</p> <p>Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies</p>	<p>24</p> <p>Lunch: (V, DF) Pancake Breakfast, Blackberry Fruit Spread, fresh fruit, and veggies</p>	<p>25</p> <p>Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies</p>	<p>26</p> <p>Lunch: (V) Rolled Enchiladas Rojas, fresh fruit, and veggies</p>	<p>27</p> <p>Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, and veggies</p>
<p>30</p> <p>Lunch: (V) Cheesy Beans and Rice, 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 MILK

Molalla River Academy is an equal opportunity provider.