



# Luckiamute Valley Charter School

## FEATURE OF THE MONTH

### The Pride of the Umpqua

Harmon and Noreane Walker started farming in 1974, and today have more than 90 acres. They have been certified organic since 1998. Taking advantage of Southern Oregon's warm weather and the fertile soils deposited by the Umpqua River, they specialize in "heat loving" crops such as tomatoes, zucchini, squash, melons, berries and eggplant.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit</p> <p>Lunch: Ham &amp; Provolone Hoagie, fresh fruit, and veggies</p> <p style="text-align: right;"><b>1</b></p>
<p>Breakfast: Apple Chunk Muffin, String Cheese, fresh fruit</p> <p>Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies, and veggies</p> <p style="text-align: right;"><b>4</b></p>	<p>Breakfast: Frosted Mini Wheat Bowls, fresh fruit, Fruit Juice, 6oz</p> <p>Lunch: Chicken Stuffing &amp; Gravy, Whole Wheat Roll - Bulk, fresh fruit, and veggies</p> <p style="text-align: right;"><b>5</b></p>	<p>Breakfast: Raisin Bran Flakes Bowl, fresh fruit, Applesauce</p> <p>Lunch: (V) Mozzarella Pasta Bake, Garlic Bread, fresh fruit, and veggies</p> <p style="text-align: right;"><b>6</b></p>	<p>Breakfast: Strawberry Granola, Yogurt, Fruit Juice, 10oz</p> <p>Lunch: Chicken Fajitas, fresh fruit, and veggies, and veggies</p> <p style="text-align: right;"><b>7</b></p>	<p style="text-align: right;"><b>8</b></p>
<p>Breakfast: WG Pumpkin Muffin, String Cheese, Applesauce</p> <p>Lunch: (V) Veggie Lasagna, Garlic Bread, fresh fruit, and veggies</p> <p style="text-align: right;"><b>11</b></p>	<p>Breakfast: Dipperdoodle Bar, Hardboiled Egg, Fruit Juice, 10oz</p> <p>Lunch: Chicken Pot Pie, Whole Wheat Roll - Bulk, fresh fruit, and veggies</p> <p style="text-align: right;"><b>12</b></p>	<p>Breakfast: Pancake, Fruit Spread - Strawberry, fresh fruit</p> <p>Lunch: Pepperoni Pizza Bagel, fresh fruit, and veggies</p> <p style="text-align: right;"><b>13</b></p>	<p>Breakfast: Zac Attack Bar Apple, Yogurt, fresh fruit</p> <p>Lunch: (DF) Chicken Bites, Whole Wheat Roll - Bulk, fresh fruit, and veggies, and veggies</p> <p style="text-align: right;"><b>14</b></p>	<p style="text-align: right;"><b>15</b></p>
<p>No School</p> <p style="text-align: right;"><b>18</b></p>	<p>No School</p> <p style="text-align: right;"><b>19</b></p>	<p>No School</p> <p style="text-align: right;"><b>20</b></p>	<p>No School</p> <p style="text-align: right;"><b>21</b></p>	<p style="text-align: right;"><b>22</b></p>
<p>No School</p> <p style="text-align: right;"><b>25</b></p>	<p>No School</p> <p style="text-align: right;"><b>26</b></p>	<p>No School</p> <p style="text-align: right;"><b>27</b></p>	<p>No School</p> <p style="text-align: right;"><b>28</b></p>	<p style="text-align: right;"><b>29</b></p>

DF - Dairy Free

GF - Gluten Free

V - Vegetarian

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

The USDA and Luckiamute are equal opportunity providers.