



# Luckiamute

## FEATURE OF THE MONTH

### Truitt Bros. & Central Bean Company

We are pleased to offer locally sourced beans from Truitt Brothers this month! Truitt Bros. beans are sustainably grown by family-owned Central Bean Company in Quincy, Wash., which is Food Alliance Certified. In 2010, the company was recognized as one of Oregon's leaders in sustainable approaches to business.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p><b>1</b></p> <p>Breakfast: Strawberry Granola, Yogurt, Fruit Juice, 10oz</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p>	<p><b>2</b></p>
<p><b>5</b></p> <p>Breakfast: WG Pumpkin Muffin, String Cheese, Applesauce</p> <p>Lunch: (V) Egg Fried Rice, fresh fruit, and veggies</p>	<p><b>6</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><b>7</b></p> <p>Breakfast: Raisin Bran Flakes Bowl, fresh fruit, fresh fruit juice</p> <p>Lunch: (V, DF) Soft Taco w/ Pinto Beans (whole), fresh fruit, and veggies</p>	<p><b>8</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><b>9</b></p>
<p><b>12</b></p> <p>Breakfast: Zac Attack Bar Strawberry, Hardboiled Egg, Fruit Juice, 10oz</p> <p>Lunch: Meaty Chili, Cornbread Muffin, fresh fruit, and veggies</p>	<p><b>13</b></p> <p>Breakfast: Apple Chunk Muffin, String Cheese, fresh fruit</p> <p>Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies</p>	<p><b>14</b></p> <p>Breakfast: Dipperdoodle Bar, Yogurt, fresh fruit</p> <p>Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies</p>	<p><b>15</b></p> <p>Breakfast: Original Cheerios Bowl, fresh fruit, Applesauce</p> <p>Lunch: Chicken Pasta Alfredo, Whole Wheat Roll - Bulk, fresh fruit, and veggies</p>	<p><b>16</b></p>
<p><b>19</b></p> <p>No School</p>	<p><b>20</b></p> <p>Breakfast: Frosted Mini Wheat Bowls, fresh fruit, Fruit Juice, 6oz</p> <p>Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies</p>	<p><b>21</b></p> <p>Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit</p> <p>Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies</p>	<p><b>22</b></p> <p>Breakfast: Zac Attack Bar Strawberry, Hardboiled Egg, fresh fruit</p> <p>Lunch: (DF) Meaty Spaghetti, Ranch, Garlic Bread, fresh fruit, and veggies, and veggies</p>	<p><b>23</b></p> <p>Breakfast: WG Pumpkin Muffin, String Cheese, Applesauce</p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll - Bulk, fresh fruit, and veggies</p>
<p><b>26</b></p> <p>Breakfast: Original Cheerios Bowl, fresh fruit, fresh fruit</p> <p>Lunch: Meatball Pasta Bake, Garlic Bread, fresh fruit, and veggies</p>	<p><b>27</b></p> <p>Breakfast: Apple Chunk Muffin, String Cheese, Fruit Juice, 10oz</p> <p>Lunch: (V, GF, DF) Egg Fried Rice, fresh fruit, and veggies, and veggies</p>	<p><b>28</b></p> <p>Breakfast: Raisin Bran Flakes Bowl, fresh fruit, fresh fruit</p> <p>Lunch: (V) Roasted Garlic Pizza Bagel, 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 A VARIETY OF MILK

The USDA and Luckiamute are equal opportunity providers.