



Cold Alternate-GF/DF/Veg

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
				1 Lunch: Tortilla Chips, Hardboiled Egg, and veggies, and veggies
4 Lunch: (V, GF, DF) Quinoa Curry Bowl	5 Lunch: (V, GF, DF) GF SW Black Bean Wrap	6 Lunch: (V, DF) DF Vegetarian Taco Salad Tray	7 Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg	8
11 Lunch: (V) DF Vegetarian Harvest Salad Tray, Tortilla Chips	12 Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg	13 Lunch: Tortilla Chips, Hardboiled Egg, and veggies, and veggies	14 Lunch: (V, GF, DF) GF Fiesta Pasta Salad	15
18	19	20	21	22
25	26	27	28	29

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 S: Cold Alternate are equal opportunity providers.