



# Luckiamute Valley Charter School

## 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, Washington, 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	
Breakfast: WG Pumpkin Muffin, String Cheese, Applesauce	2	Breakfast: WG Cheerios cereal, fresh fruit, fresh fruit	3	Breakfast: WG Waffle, Fruit Juice, 6oz, Fruit Spread - Peach, fresh fruit	4	Breakfast: Zac Attack Bar Strawberry, Hardboiled Egg, fresh fruit	5		6
Lunch: Chicken Pasta Alfredo, 2oz Whole Wheat Roll, fresh fruit, and veggies		Lunch: (V) Mac and Cheese, Whole Grain Breadstick 2oz, fresh fruit, and veggies		Lunch: Chicken Enchiladas Verde, fresh fruit, and veggies, and veggies		Lunch: (DF) BBQ Chicken Sandwich, fresh fruit, and veggies			
Breakfast: WG Applesauce Muffin, String Cheese, fresh fruit	9	Breakfast: WG Frosted Mini Wheats, Fruit Juice, 6oz, fresh fruit	10	Breakfast: WG Raisin Bran Flakes, Applesauce, fresh fruit	11	Breakfast: WG Strawberry Granola, Yogurt, Fruit Juice, 10oz	12		13
Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies, and veggies		Lunch: Chicken Stuffing & Gravy, 2oz Whole Wheat Roll, fresh fruit, and veggies		Lunch: (V) Mozzarella Pasta Bake, WG Garlic Bread, fresh fruit, and veggies		Lunch: Chicken Fajitas, fresh fruit, and veggies, and veggies			
Breakfast: WG Pumpkin Muffin, String Cheese, Applesauce	16	Breakfast: Dipperdoodle Bar, Hardboiled Egg, Fruit Juice, 10oz	17	Breakfast: WG Pancake, fresh fruit, Fruit Spread - Strawberry	18	Breakfast: Zac Attack Bar Apple, Yogurt, fresh fruit	19		20
Lunch: (V) Veggie Lasagna, WG Garlic Bread, fresh fruit, and veggies		Lunch: Chicken Pot Pie, 2oz Whole Wheat Roll, fresh fruit, and veggies		Lunch: Pepperoni Pizza Bagel, fresh fruit, and veggies		Lunch: (DF) Chicken Bites, 2oz Whole Wheat Roll, fresh fruit, and veggies, and veggies, and			
Breakfast: Zac Attack Bar Strawberry, Hardboiled Egg, Fruit Juice, 10oz	23	Breakfast: WG Applesauce Muffin, String Cheese, fresh fruit	24	Breakfast: Dipperdoodle Bar, Yogurt, fresh fruit	25	Breakfast: WG Cheerios Cereal, Applesauce, fresh fruit	26		27
Lunch: Meaty Chili, WG Cornbread Muffin, fresh fruit, and veggies		Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies, and veggies		Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies		Lunch: (V) Pasta Alfredo, 2oz Whole Wheat Roll, fresh fruit, and veggies			
Breakfast: WG Pumpkin Muffin, String Cheese, Applesauce	30	Breakfast: WG Frosted Mini Wheats, Juice, 6oz, fresh fruit	31						
Lunch: (V) Mac and Cheese, 2oz Whole Wheat Roll, fresh fruit, and veggies		Lunch: (V, DF) Pancake Breakfast, Fruit Spread - Strawberry, fresh fruit, Roasted Potatoes							

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 Valley Charter School are equal opportunity providers.