



Luckiamute Valley Charter

FEATURE OF THE MONTH

Spielman Wholesale Bagels

Spielman Wholesale Bagels was started from a tiny kettle in the back of owner Rick Spielman's Coffee Roasters (retail store). They are "Portland Style" kettle boiled bagels made with sourdough starter, milk and honey. This makes a crusty bagel with a wonderfully chewy center and a slight tang. They now produce over 5000 bagels per week in their wholesale bakeshop and deliver daily.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Breakfast: WG Raisin Bran Flakes, fresh fruit, fresh fruit Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies	2 Breakfast: WG Zac Attack Bar Strawberry, Hardboiled Egg, fresh fruit Lunch: Curried Chicken & Rice, Ranch, Whole Grain Breadstick 2oz, fresh fruit, and veggies	3
6 Breakfast: WG Pumpkin Muffin, fresh fruit, Applesauce Lunch: Meatball Pasta Bake, WW Garlic Bread, fresh fruit, and veggies	7 Breakfast: WG Applesauce Muffin, String Cheese, Fruit Juice, 10oz Lunch: (V, GF, DF) Egg Fried Rice, 2oz Whole Wheat Roll, fresh fruit, and veggies	8 Breakfast: WW Pancake, fresh fruit, Fruit Spread - Peach, fresh fruit Lunch: (DF) Meaty Moes, fresh fruit, and veggies	9 Breakfast: WG Strawberry Granola, Yogurt, Applesauce Lunch: (V) Rolled Enchiladas Rojas, fresh fruit, and veggies	10
13 Breakfast: WW Zac Attack Bar Apple, Applesauce, Fruit Juice, 6oz Lunch: Meaty Lasagna, WW Garlic Bread, fresh fruit, and veggies	14 Breakfast: WW Dipperdoodle Bar, String Cheese, fresh fruit Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies	15 Breakfast: WW French Toast, Yogurt, Fruit Spread - Strawberry, Fruit Juice, 10oz Lunch: (V) Hearty Pot Pie, WW Breadstick, fresh fruit, and veggies	16 Breakfast: WG Applesauce Muffin, Hardboiled Egg, fresh fruit Lunch: (DF) Teriyaki Chicken with Rice, 2oz Whole Wheat Roll, fresh fruit, and veggies	17
20 No School	21 No School	22 No School	23 No School	24
27 Breakfast: WG Pumpkin Muffin, String Cheese, Applesauce Lunch: Chicken Pasta Alfredo, 2oz Whole Wheat Roll, fresh fruit, and veggies	28 Breakfast: WG Apple Muffin, fresh fruit, fresh fruit Lunch: (V) Mac and Cheese, Whole Grain Breadstick 2oz, fresh fruit, and veggies	29 Breakfast: WW Waffle, fresh fruit, Fruit Spread - Peach, Fruit Juice, 6oz Lunch: Chicken Enchiladas Verde, fresh fruit, and veggies	30 Breakfast: WG Zac Attack Bar Strawberry, Hardboiled Egg, fresh fruit Lunch: (DF) BBQ Chicken Sandwich, fresh fruit, and veggies	

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.