



# Luckiamute Valley Charter School

## FEATURE OF THE MONTH

### Bake Works

Bake Works is a family run bakery in Vancouver. They provide us with Zac Attack fruit & oat bars and Dipperdoodle bars that are all natural; skipping the high-fructose corn syrup and artificial ingredients while also being whole grain rich. They source locally whenever possible, working with farmers and growers to source the highest quality fruits and grains available.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
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No School	4	Breakfast: Toasted Oat Cereal, fresh fruit, Fruit Juice, 6oz  Lunch: (V, DF) Pancake Breakfast, fresh fruit, Fruit Spread - Strawberry, Roasted Potatoes	5	Breakfast: Oatmeal, fresh fruit, fresh fruit  Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies	6	Breakfast: Zac Attack Bar Strawberry, Hardboiled Egg, fresh fruit  Lunch: Curried Chicken & Rice, Ranch, Whole Grain Breadstick 2oz, fresh fruit, and veggies, and veggies	7	Breakfast: Zac Attack Bar Strawberry, Hardboiled Egg, fresh fruit  Lunch: Ham and Cheddar Hoagie, Fresh fruit, and veggies	8	
Breakfast: Toasted Oat Cereal, Applesauce, fresh fruit  Lunch: Meatball Pasta Bake, WG Garlic Bread, fresh fruit, and veggies	11	Breakfast: WG Applesauce Muffin, String Cheese, Fruit Juice, 10oz  Lunch: (V, GF, DF) Egg Fried Rice, 2oz Whole Wheat Roll, fresh fruit, and veggies, and veggies	12	Breakfast: WG Pancake, fresh fruit, Fruit Spread - Peach, fresh fruit  Lunch: (V) Roasted Garlic Pizza Bagel, fresh fruit, and veggies	13	Breakfast: WG Strawberry Granola, Yogurt, Applesauce  Lunch: (V) Rolled Enchiladas Rojas, fresh fruit, and veggies	14			15
Breakfast: Zac Attack Bar Apple, Applesauce, Fruit Juice, 6oz  Lunch: Meaty Lasagna, WG Garlic Bread, fresh fruit, and veggies	18	Breakfast: Dipperdoodle Bar, String Cheese, fresh fruit  Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies, and veggies	19	Breakfast: WG French Toast, Yogurt, Fruit Spread - Strawberry, Fruit Juice, 10oz  Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	20	Breakfast: WG Applesauce Muffin, Hardboiled Egg, fresh fruit  Lunch: (DF) Teriyaki Chicken with Rice, 2oz Whole Wheat Roll, fresh fruit, and veggies	21			22
Breakfast: Zac Attack Bar Apple, String Cheese, Fruit Juice, 10oz  Lunch: (V, DF) Hearty Spaghetti, 2oz Whole Wheat Roll, fresh fruit, and veggies	25	Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit, fresh fruit  Lunch: Sweet Thai Chicken Stir-fry, Whole Grain Breadstick 2oz, fresh fruit, and veggies	26	Breakfast: Oatmeal, fresh fruit, Applesauce  Lunch: (GF Filling, DF) Soft Chicken Tacos, fresh fruit, and veggies, and veggies	27	Breakfast: Toasted Oat Cereal, Hardboiled Egg, fresh fruit  Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies	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 Luckiamute Valley Charter School are equal opportunity providers.