



OCTOBER 2019

Portland Village School

FEATURE OF THE MONTH

Umpqua Dairy

Student: _____

Teacher: _____

Please circle one option per day below.

Umpqua Dairy is the largest family owned dairy in southern Oregon. They receive fresh milk from family farms located in Oregon and SW Washington. These farmers take pride in keeping their animals healthy. The family farms have made a commitment to customers by producing milk that comes from cows not treated with rBST/rBGH*.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
	Lunch: (V) Cheesy Beans and Rice, fresh fruit, and veggies	Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	Lunch: (V) Fajita Breakfast Burrito, Ranch, fresh fruit, and veggies	Lunch: (DF) BBQ Chicken Sandwich, fresh fruit, and veggies Alt. Lunch: (V) Pasta Alfredo, WG Garlic Bread
	7	8	9	10
Lunch: (V) Mac and Cheese, fresh fruit, and veggies	Lunch: (V, GF, DF) Egg Fried Rice, fresh fruit, and veggies	Lunch: Chicken Caesar Salad, fresh fruit Alt. Lunch: (V, GF) Vegetarian Taco Salad	Lunch: (V) Rolled Enchiladas Rojas, fresh fruit, and veggies	Lunch: No School
	14	15	16	17
Lunch: Chicken Pasta Alfredo, WG Garlic Bread, fresh fruit, and veggies Alt. Lunch: (V) Pasta Alfredo, WG Garlic Bread, fresh fruit, and veggies	Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies Alt. Lunch: (V, DF) Teriyaki Black Bean & Rice	Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies	Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	Lunch: (V, GF, DF) Hearty Chili, WG Tortilla Chips, fresh fruit, and veggies
	21	22	23	24
Lunch: (DF) Meaty Spaghetti, fresh fruit, and veggies Alt. Lunch: (V, DF) Hearty Spaghetti, WG Garlic Bread	Lunch: (DF) Orange Chicken, fresh fruit, and veggies Alt. Lunch: (V) Cheesy Beans and Rice	Lunch: Roasted Potatoes, (V, DF) Pancake Breakfast, fresh fruit, Blackberry Fruit Spread	Lunch: (GF Filling, DF) Soft Chicken Tacos, fresh fruit, and veggies Alt. Lunch: (GF Filling, V, DF) Soft Taco w/ Pinto Beans	Lunch: (V) Hearty Pot Pie, Whole Wheat Roll, fresh fruit, and veggies
	28	29	30	31
Lunch: (V) Mac and Cheese, fresh fruit, and veggies	Lunch: (V) Cheesy Beans and Rice, fresh fruit, and veggies	Lunch: (V, GF) Vegetarian Taco Salad, fresh fruit	Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies Alt. Lunch: (V) Traditional Pizza Bagel	

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

Portland Village School is an equal opportunity provider.