

Springwater Fresh n' Local Menu



January – February – March 2017

CD = Contains Dairy GF = Gluten Free NV = Non Vegetarian

All meals are served with fresh fruits and vegetables.

February 9th: Peace, Love & Pancakes. Free lunch for all students.

Name: _____

First or Second Lunch: _____

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.

Orders due Thursday, December 22nd. Lunch is \$3.50.

Please mark the days your child wants school lunch and return the form to the school office with payment.

Total Lunches Ordered _____ X \$3.50 = \$ _____ Extra Pizza Bagels ordered _____ \$1.00 = \$ _____

January

3rd – No School

5th – No School

10th – (NV)

Italian Spaghetti with Turkey
Sausage with garlic bread

12th – (GF filling)

Bean & Rice Burrito

17th – (NV, CD)

Chicken Stuffing & Gravy with
whole wheat roll

19th – (CD)

Traditional Pizza Bagel

24th – (NV)

Breaded Chicken Sandwich

26th – (CD)

Mac & Cheese

31st – (NV, CD)

Turkey Pastrami & Swiss Sandwich

February

2nd – (CD)

Roasted Garlic Pizza Bagel

7th – (NV)

BBQ Chicken Sandwich

14th – (NV)

Chicken Bites with whole wheat roll

16th – (CD)

White Lasagna

21st – (NV, CD)

Cheesy Chicken & Rice

23rd – (CD)

Chili Mac

28th – (NV)

Teriyaki Noodle Bowl with Chicken

March

2nd – (CD)

Mozzarella Pasta Bake with garlic
bread

7th – (NV, GF filling)

Soft Chicken Tacos

9th – (GF filling)

Messy Moes

14th – (NV, CD)

Turkey Pastrami & Swiss Sandwich

16th – (CD)

Mac & Cheese

21st – (GF Chili)

Hearty Chili with cornbread muffin

23rd – (CD)

Traditional Pizza Bagel

28th – No School

30th – No School