

Springwater Fresh n' Local Menu

Name: _____

First or Second Lunch: _____



Oct - Nov - Dec 2017

DF= Dairy Free

GF = Gluten Free

V = Vegetarian

All meals are served with fresh fruits and vegetables.

Feature of the Month:

The Pride of the Umpqua

Harmon and Noreane Walker started farming in 1974, and today have more than 90 acres. They have been certified organic since 1998. Taking advantage of Southern Oregon's warm weather and the fertile soils deposited by the Umpqua River, they specialize in "heat loving" crops such as tomatoes, zucchini, squash, melons, berries and eggplant.

Orders due Wednesday September 20th. 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 = \$ _____

October

3rd – (V)

Chicken Bites with whole wheat roll

10th -

Chicken Fajitas

17th – (V)

Veggie Lasagna

24th –

Sweet Thai Chicken Stir Fry

31st -

Pepperoni Pizza Bagel

November

7th–

Meatball Pasta Bake

14th – (V)

Bean and Cheese Burrito

21st– (DF)

No School

28th – (V)

Meaty Chili with corn
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December

5th –

Chicken Pot Pie with whole wheat roll

12th – (V)

Traditional Pizza Bagel

19th –

Chicken Pasta Alfredo

26th – (V)

Mac and Cheese with whole wheat roll

Springwater is an equal opportunity provider.