

# 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 20<sup>th</sup>. 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

17<sup>th</sup> – (V)

Veggie Lasagna

24<sup>th</sup> –

Sweet Thai Chicken Stir Fry

31st -

Pepperoni Pizza Bagel

### **November**

7th–

Meatball Pasta Bake

14<sup>th</sup> – (V)

Bean and Cheese Burrito

21st– (DF)

No School

28<sup>th</sup> – (V)

Meaty Chili with corn  
rea in

### **December**

5th –

Chicken Pot Pie with whole wheat roll

12<sup>th</sup> – (V)

Traditional Pizza Bagel

19<sup>th</sup> –

Chicken Pasta Alfredo

26<sup>th</sup> – (V)

Mac and Cheese with whole wheat roll

*Springwater is an equal opportunity provider.*