

Springwater Fresh n' Local Menu

Name: _____

First or Second Lunch: _____



Jan - Feb - March 2018

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 Thursday December 14th. 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

9th -
Chicken Bites with whole
wheat roll

16th -
Turkey Hot Dog

23rd -
Messy Moes

30th -
Traditional Pizza Bagels

February

6th -
Meaty Lasagna

13th -
No School

20th -
Mac and Cheese

27th -
Rolled Enchiladas Rojas

March

6th -
Bean and Cheese Burrito

13th -
Meaty Spaghetti

20th -
BBQ Chick n Sandwich

27th -
No School

Springwater is an equal opportunity provider.