

# 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 14<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 = \$ \_\_\_\_\_*

### 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.*