

Mentor Graphics Menu



CD = Contains Dairy

GF = Gluten Free

NV = Non Vegetarian

April 2017

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.

All meals are served with fresh, organic fruits and vegetables.

All meals are served with a variety of milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>AM Snack: WG Blueberry Granola, Yogurt ³</p> <p>Lunch: (CD) Tortilla Chip Casserole, Organic Pineapple, and Frozen Mixed Veggies</p> <p>PM Snack: Sunflower Butter, Organic Apple</p>	<p>AM Snack: Whole Wheat Bagel, Cream Cheese ⁴</p> <p>Lunch: Italian Spaghetti w/ Lentil Tomato Sauce, Organic Grapefruit, fresh, whole, and Organic Zucchini</p> <p>PM Snack: Soft Crackers - Ritz, Whole Wheat Crackers, String Cheese</p>	<p>AM Snack: WG Waffle, Fruit Spread - Strawberry ⁵</p> <p>Lunch: (GF Filling) Bean and Rice Burrito, Organic Banana, and Oregon Bean Medley</p> <p>PM Snack: Hummus, and Organic Cucumbers</p>	<p>AM Snack: Rice Crispies Cereal, Organic Oranges ⁶</p> <p>Lunch: (GF, CD) Oregon Rice Bake, Organic Watermelon, and Organic Roma Tomatoes</p> <p>PM Snack: Cinnamon Streusel Muffin, Applesauce</p>	<p>AM Snack: Oatmeal, Raisins ⁷</p> <p>Lunch: (CD) Traditional Pizza Bagel, Organic Grapes, and Organic Baby Carrots</p> <p>PM Snack: Goldfish Crackers, Organic Pears</p>
<p>AM Snack: Whole Wheat Bagel, Cream Cheese ¹⁰</p> <p>Lunch: (CD) Veggie Lasagna, Organic Grapefruit, fresh, whole, and Edamame</p> <p>PM Snack: Trail Mix, WG Pita Bread, Organic Pineapple</p>	<p>AM Snack: WG Pancake, Fruit Spread - Peach ¹¹</p> <p>Lunch: (CD) Chili Mac, Organic Apple, and Green Beans, Frozen</p> <p>PM Snack: Cheddar Cheese Stick, Organic Pears</p>	<p>AM Snack: Crispix Cereal, Organic Banana ¹²</p> <p>Lunch: (CD) Homestyle Pot Pie, Organic Oranges, and Corn, frozen</p> <p>PM Snack: WG Pita Bread, Hummus</p>	<p>AM Snack: WG Blueberry Granola, Yogurt ¹³</p> <p>Lunch: (CD) Roasted Garlic Pizza Bagel, Organic Pineapple, and Organic Red Bell Pepper</p> <p>PM Snack: Graham Crackers, Organic Cantaloupe</p>	<p>AM Snack: Cranberry Muffin, Applesauce ¹⁴</p> <p>Lunch: Sunflower Butter & Jelly Sandwich, Organic Watermelon, and Organic Butternut Squash</p> <p>PM Snack: Hardboiled Egg, and Organic Baby Carrots</p>
<p>AM Snack: WG Blueberry Granola, Yogurt ¹⁷</p> <p>Lunch: (CD) Mac and Cheese, Organic Pineapple, and Oregon Bean Medley</p> <p>PM Snack: Sunflower Butter, Organic Apple</p>	<p>AM Snack: Whole Wheat Bagel, Cream Cheese ¹⁸</p> <p>Lunch: (GF) Hearty Chili, WG Cornbread Muffin, Organic Mango, and Organic Cucumbers</p> <p>PM Snack: Hummus, and Organic Cucumbers</p>	<p>AM Snack: WG Waffle, Fruit Spread - Strawberry ¹⁹</p> <p>Lunch: Teriyaki Black Bean & Rice, Organic Apple, and Peas, Frozen</p> <p>PM Snack: Whole Wheat Crackers, Soft Crackers - Ritz, String Cheese</p>	<p>AM Snack: Rice Crispies Cereal, Organic Grapes ²⁰</p> <p>Lunch: (GF Filling) Chimichurri Wrap, Organic Watermelon, and Organic Cauliflower</p> <p>PM Snack: Cinnamon Streusel Muffin, Applesauce</p>	<p>AM Snack: Oatmeal, Raisins ²¹</p> <p>Lunch: (CD) Traditional Pizza Bagel, Organic Banana, and Organic Baby Carrots</p> <p>PM Snack: Goldfish Crackers, Organic Pears</p>
<p>AM Snack: Whole Wheat Bagel, Cream Cheese ²⁴</p> <p>Lunch: (CD) Mozzarella Pasta Bake, Organic Pineapple, and Organic Zucchini</p> <p>PM Snack: Trail Mix, WG Pita Bread, Organic Honeydew</p>	<p>AM Snack: WG Pancake, Fruit Spread - Peach ²⁵</p> <p>Lunch: Egg Fried Rice, Organic Apple, and Green Beans, Frozen</p> <p>PM Snack: String Cheese, Organic Pears</p>	<p>AM Snack: Crispix Cereal, Organic Banana ²⁶</p> <p>Lunch: (CD) SW Enchiladas Verde, Organic Oranges, and Corn, frozen</p> <p>PM Snack: WG Pita Bread, Hummus</p>	<p>AM Snack: WG Blueberry Granola, Yogurt ²⁷</p> <p>Lunch: (CD) Roasted Garlic Pizza Bagel, Organic Grapefruit, fresh, whole, and Organic Broccoli, fresh</p> <p>PM Snack: Graham Crackers, Organic Cantaloupe</p>	<p>AM Snack: Cranberry Muffin, Applesauce ²⁸</p> <p>Lunch: (GF Filling) Soft Taco w/ Pinto Beans, Organic Apple, and Organic Roma Tomatoes</p> <p>PM Snack: Hardboiled Egg, and Organic Baby Carrots</p>