



Western Mennonite School

FEATURE OF THE MONTH

Spielman Wholesale Bagels

Spielman Wholesale Bagels was started from a tiny kettle in the back of owner Rick Spielman's Coffee Roasters (retail store). They are "Portland Style" kettle boiled bagels made with sourdough starter, milk and honey. This makes a crusty bagel with a wonderfully chewy center and a slight tang. They now produce over 5000 bagels per week in their wholesale bakeshop and deliver daily.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Lunch: (V, DF) Pancake Breakfast, fresh fruit, Fruit Spread - Strawberry, Roasted Potatoes	2 Lunch: Chicken Fajitas, fresh fruit	3 Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies
6 Lunch: Meatball Pasta Bake, Garlic Bread, fresh fruit, and veggies	7 Lunch: (V, GF, DF) Egg Fried Rice, fresh fruit, and veggies	8 Lunch: (DF) Sloppy Joes, fruit & veggies	9 Lunch: (V) Rolled Enchiladas Rojas, fresh fruit	10 Lunch: (DF) Figaros Pizza & Salad
13 Lunch: Chicken Pot Pie, Whole Wheat Roll - I/W, fresh fruit, and veggies	14 Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies	15 Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies	16 Lunch: Meaty Lasagna, Ranch, Breadstick 1oz, fresh fruit, and veggies, and veggies	17 Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies
20 Lunch: (DF) Meaty Spaghetti, fresh fruit, and veggies	21 No School	22 No School	23 No School	24 No School
27 Lunch: (V) Mac and Cheese, fresh fruit, and veggies	28 Lunch: Chicken Enchiladas Verde, fresh fruit, and veggies	29 Lunch: Chicken Pasta Alfredo, Garlic Bread, fresh fruit, and veggies	30 Lunch: (DF) BBQ Chicken Sandwich, fresh fruit, and veggies	

DF - Dairy Free

GF - Gluten Free

V - Vegetarian

ALL MEALS ARE SERVED WITH FRESH FRUITS AND VEGETABLES
ALL MEALS ARE SERVED WITH A VARIETY OF MILK

The USDA and Western Mennonite School are equal opportunity providers.