

Sample Menus for the Summer Food Service Program

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Blueberry Muffin (2 ounces) Fresh Melon Chunks – ½ cup Milk – 8 fl oz</p>	<p>Bagel (2 ounces) with Light Cream Cheese Grapes – ½ cup Milk – 8 fl oz</p>	<p>Iron-Fortified Cereal (1 ounce or ¾ cup) Banana Slices – ½ cup Milk – 8 fl oz</p>	<p>Granola Bar (2.2 ounces) Fresh Strawberries – ½ cup Milk – 8 fl oz</p>	<p>Egg and Cheese (1oz each) on Toasted English Muffin (whole) Apple Slices – ½ cup Milk – 8 fl oz</p>
<p>Whole-Grain Pancakes (2.2 ounces or 63 grams) with Light Syrup Fresh Blueberries – ½ cup Milk – 8 fl oz</p>	<p>Egg & Cheese Breakfast Wrap (egg-1 oz, cheese-1 oz, and 8" tortilla) Apple Slices – ½ cup Milk – 8 fl oz</p>	<p>Turkey Sausage Patty (1oz) on a Biscuit (2 ounces) Grapes – ½ cup Milk – 8 fl oz</p>	<p>Raisin Bran Cereal (1 ounce or ¾ cup) Banana Slices – ½ cup Milk - 8 fl oz</p>	<p>Whole-Grain French Toast Sticks (2.2 ounces or 63 grams) with Light Syrup Orange Slices – ½ cup Milk - 8 fl oz</p>

Milk choices may include low-fat white or fat-free flavored.

Cold Lunch Sample Menu

Week 1

*Items denote fresh fruit /vegetable

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey and Cheese Sandwich recipe	Chef Salad* recipe	Pizza "Lunchable" recipe	Taco Salad* recipe	Ham Roll-up recipe
Orange Slices* 1/2 cup	Fruit Cocktail 1/2 cup	Broccoli* 1/4 cup	Tortilla Chips 1oz svg	Watermelon* 1/2 cup
Carrots* 1/2 cup	Milk 8 oz	Juice 4 oz	Applesauce 1/2 cup	Red Pepper Strips* 1/4 cup
Milk 8 oz		Milk 8 oz	Milk 8 oz	Milk 8oz
Turkey and Chz Sandwich	Chef Salad	Pizza "Lunchable"	Taco Salad	Ham Roll-up
Turkey Lunch Meat 2oz	Lettuce 1 cup	WG Sandwich Slims 1 each	Shredded Lettuce 1 cup	Ham 2oz
American Cheese 1 slice	Shredded Carrots 1 T	Marinara Sauce 1/4 cup	Taco Beef 1/4 cup	Cream Cheese 1.5 T
WG Bread 2 slices	Shredded Cheese 1/8 cup	Mozzarella Cheese 1/2 cup	Shredded Cheese 1/4 Cup	WG Tortilla 1 each
or WG Bun 1 each	Turkey 2 slices	pepperoni 4 each	Salsa 1/4 cup	
	Ham 2 slices		Ranch Dressing 1 pkg	
	Goldfish Crackers 1oz pkg			
	Ranch Dressing 1 pkg			

Milk choices may include low-fat white or fat-free flavored.

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal 1 pkg	Chicken Wrap* recipe	Ham and Cheese Pita recipe	PBJ recipe	Popcorn Chicken Salad* recipe
Yogurt 8 oz	Orange Slices* 1/2 cup	Cauliflower* 1/4 cup	String Cheese 1 each	Grapes* 1/2 cup
Strawberries* 1/2 cup	Milk 8 oz	Juice 4 oz	Cherry Tomatoes* 1/2 cup	Milk 8 oz
Juice 4oz		Milk 8 oz	Peaches 1/2 cup	
Milk 8 oz		Graham Cookies 1oz	Milk 8 oz	
	Chicken Wrap	Ham and Cheese Pita	PBJ	Popcorn Chicken Salad
	WG Tortilla 1 each	Ham 4 slices	WG Bread 2 slices	Lettuce 1 cup
	Diced Chicken 1/4 cup	Provolone Cheese 1 slice	Peanut Butter 2 Tbs	Tomatoes 1/4 cup
	Shredded Lettuce 1/4 cup	Pita Pocket 1/2 each	Jelly 2 Tbs	Popcorn Chicken 8 pieces
	Shredded Cheese 1/4 cup			Shredded Cheese 1/4 cup
	Tomato Slices 2 each			Dinner Roll 1 each
	Ranch Dressing 1 pkt			Ranch Dressing 1 pkt

Milk choices may include low-fat white or fat-free flavored.

All Items to be held at or below 40 degrees Fahrenheit (5 degrees Celsius)

Standardized recipes available for all entrée items

This institution is an equal opportunity provider.

Hot Lunch Sample Menu

Week 1

*Items denote fresh fruit/vegetable

Monday	Tuesday	Wednesday	Thursday	Friday
Hot Ham and Cheese Sandwich recipe	Grilled Chicken Salad* recipe	"Pizzadilla" recipe	Nachos recipe	Popcorn Chicken w/ CN Label WG roll 1 roll
Applesauce 1/2 cup	Banana* 1 each	Steamed Broccoli 1/4 cup	Lettuce/Tomato* 1/2 cup	Cauliflower* 1/4 cup
Green Beans 1/2 cup	Milk 8 oz	Orange Slices* 1/2 cup	Pineapple 1/2 cup	Fresh Melon* 1/2 cup
Milk 8 oz	Graham Cookies 1oz	Milk 8 oz	Milk 8 oz	Milk 8 oz
Hot Ham and Cheese Sandwich	Chef Salad	"Pizzadilla"	Nachos	
Ham 2oz	Lettuce 1 cup	WG Tortilla 1 each	Tortilla Chips 1 oz	
American Cheese 1 slice	Shredded Carrots 1 T	Shred. Mozzarella 1/4 cup	Cooked Ground Beef 1 oz	
WG Bread 2 slices	Shredded Cheese 1/8 cup	Cooked	Shredded Cheese 1/4 Cup	
or WG Bun 1 each	Diced Chicken 1/4 cup	Sausage 1 oz	Salsa 1/4 cup	
	Goldfish Crackers 1oz pkg	Marinara (on side) 1/4 cup		
	Ranch Dressing 1 pkg			

Milk choices may include low-fat white or fat-free flavored.

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
French Toast Sticks CN Label Yogurt 4 oz Cheese stick 1 oz Strawberries* 1/2 cup Juice 4 oz Milk 8 oz	Chicken Quesadilla recipe Black Beans 1/4 cup Orange Slices* 1/2 cup Milk 8 oz	Spaghetti and Meatballs recipe Side Salad* 1/2 cup Fruit Cocktail 1/2 cup Milk 8 oz	Cheeseburger recipe Cherry Tomatoes* 1/2 cup Apple Slices* 1 each Milk 8 oz	Chicken Nugget Bowl recipe Dinner Roll 1 each Grapes* 1/2 cup Milk 8 oz
	Chicken Quesadilla	Spaghetti and Meatballs	Cheeseburger	Chicken Nugget Bowl
	WG Tortilla 1 each	Spaghetti Noodles 1/2 cup	WG Hamburger Bun 1 each	Chicken Nuggets 6 each
	Diced Chicken 1/4 cup	Marinara Sauce 1/2 cup	Hamburger Patty 1 each	Mashed Potatoes 1/4 cup
	Shredded Cheese 1/4 cup	Meatballs 4 each	Cheese 1 slice	Corn 1/4 cup
		Mozzarella Cheese 1/8 cup		Shredded Cheese 1/8 cup
				Gravy 1/8 cup

Milk choices may include low-fat white or fat-free flavored.

All items to be held at proper holding temperatures
 Standardized recipes available for all entrée items

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