

Spring/Summer Menu May - September 2021

Weekly Menu Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk (1 cup) Vegetables/Fruits (1/2 cup) Grains/Bread (2 slices or 1 cup)	Yogurt Apple Slices Oatmeal Coffee, Tea, OJ, Milk Available at all times	Fat Free Milk Grapes Whole Wheat Toast, English Muffin or Bagel Coffee, Tea, OJ, Milk Available at all times	Yogurt Tangerines Oatmeal Coffee, Tea, OJ, Milk Available at all times	Fat Free Milk Mixed Berries Whole Wheat Toast, English Muffin or Bagel Coffee, Tea, OJ, Milk Available at all times	Yogurt Pineapple Oatmeal Coffee, Tea, OJ, Milk Available at all times
Lunch	Milk (1 cup) Vegetables (1/2 cup) Fruits (1/2 cup) Grains/Bread (2 slices or 2 servings) Meat	Fat Free Milk Summer Squash Fruit Cup Whole Wheat Bread and Butter Herb Baked Chicken Mashed Potatoes Water, Iced Tea and Juice Available Upon Reques	Fat Free Milk Salt Potatoes Honeydew Whole Wheat Roll Grilled Sasuage Pepers and Onions Baked Beans Water, Iced Tea and Juice Available Upon Reques	Fat Free Milk Summer Squash/Carrots Cantalope Pasta Primavera with Grilled Chicken Whole Wheat Bread and Butter Water, Iced Tea and Juice Available Upon Reques	Fat Free Milk Tomato/Cucumber Salad (1 cup) Applesauce Whole Wheat Roll Hamburger/Cheeseburger Water, Iced Tea and Juice Available Upon Reques	Fat Free Milk Tomato Soup (1 cup) Mandrain Oragnes Whole Wheat Bread and Butter Grilled Cheese Water, Iced Tea and Juice Available Upon Reques
Snack		Red & Green Bell Peppers Hummus	Carrots Yogurt Ranch Dip	Graham Crackers Peanut Butter	Cottage Cheese Mandrin Oranges	Tuna or Crab Salad Whole Wheat Crackers

Iced Water, Lemonade & Iced Tea offered at snack

Weekly Menu Week 2		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk (1 cup) Vegetables/Fruits (1/2 cup) Grains/Bread (2 slices or 1 cup)	Yogurt Apple Slices Oatmeal Coffee, Tea, OJ, Milk Available at all times	Fat Free Milk Grapes Whole Wheat Toast, English Muffin or Bagel Coffee, Tea, OJ, Milk Available at all times	Yogurt Tangerines Oatmeal Coffee, Tea, OJ, Milk Available at all times	Fat Free Milk Mixed Berries Whole Wheat Toast, English Muffin or Bagel Coffee, Tea, OJ, Milk Available at all times	Yogurt Pineapple Oatmeal Coffee, Tea, OJ, Milk Available at all times
Lunch	Milk (1 cup) Vegetables (1/2 cup) Fruits (1/2 cup) Grains/Bread (2 slices or 2 servings) Meat	Fat Free Milk Zucchini Fruit Cup Whole Wheat Roll Chicken Parm Sandwich Water, Iced Tea and Juice Available Upon Request	Fat Free Milk Tomato and Cucumber Salad Cantalope Whole Wheat Bread and Butter Ground Turkey Egg Roll Bowl Water, Iced Tea and Juice Available Upon Request	Fat Free Milk Coleslaw Watermelon Whole Wheat Rolls Hoffman Hot Dogs or Coneys Pickles Water, Iced Tea and Juice Available Upon Request	Fat Free Milk Green Beans Mandarin Oranges Rice Creamy Italian Chicken Water, Iced Tea and Juice Available Upon Request	Fat Free Milk Glazed Carrots Honeydew Rice Pilaf Ham and Cheese Sliders Water, Iced Tea and Juice Available Upon Request
Snack		Turkey Wrap With lettuce, cheese and tortilla	Yougurt and Mixed Berry Smoothie	Whole Grain Mini Bagel Peanut Butter	Cheddar Cheese Whole Wheat Crackers	Apple Sauce Peanut Butter Crackers

Iced Water, Lemonade & Iced Tea offered at snack

Weekly Menu Week 3		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk (1 cup) Vegetables/Fruits (1/2 cup) Grains/Bread (2 slices or 1 cup)	Yogurt Apple Slices Oatmeal Coffee, Tea, OJ, Milk Available at all times	Fat Free Milk Grapes Whole Wheat Toast, English Muffin or Bagel Coffee, Tea, OJ, Milk Available at all times	Yogurt Tangerines Oatmeal Coffee, Tea, OJ, Milk Available at all times	Fat Free Milk Mixed Berries Whole Wheat Toast, English Muffin or Bagel Coffee, Tea, OJ, Milk Available at all times	Yogurt Pineapple Oatmeal Coffee, Tea, OJ, Milk Available at all times
Lunch	Milk (1 cup) Vegetables (1/2 cup) Fruits (1/2 cup) Grains/Bread (2 slices or 2 servings) Meat	Fat Free Milk Homefries Cantalope Whole Wheat French Toast Breakfast Sausage Water, Iced Tea and Juice Available Upon Request	Fat Free Milk Garden Salad (1 cup) Strawberries Whole Wheat Bread and Butter Ziti with ground beef and mozzarella cheese Water, Iced Tea and Juice Available Upon Request	Fat Free Milk Peper Medley Fruit Cup Spaghetti Salad BBQ Pulled Pork Water, Iced Tea and Juice Available Upon Request	Fat Free Milk Broccoli Carrot and Raisin Salad Whole Wheat Bread and Butter Chicken Tenders Water, Iced Tea and Juice Available Upon Request	Fat Free Milk Garden Vegetables and Pasta Salad Watermelon Whole Wheat Roll Turkey Burger with Cranberry Mayo Water, Iced Tea and Juice Available Upon Request
Snack		Red & Green Bell Peppers Hummus	Carrots Yogurt Ranch Dip	Graham Crackers Peanut Butter	Cottage Cheese Mandrin Oranges	Tuna or Crab Salad Whole Wheat Crackers

Iced Water, Lemonade & Iced Tea offered at snack

Weekly Menu Week 4		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk (1 cup) Vegetables/Fruits (1/2 cup) Grains/Bread (2 slices or 1 cup)	Yogurt Apple Slices Oatmeal Coffee, Tea, OJ, Milk Available at all times	Fat Free Milk Grapes Whole Wheat Toast, English Muffin or Bagel Coffee, Tea, OJ, Milk Available at all times	Yogurt Tangerines Oatmeal Coffee, Tea, OJ, Milk Available at all times	Fat Free Milk Mixed Berries Whole Wheat Toast, English Muffin or Bagel Coffee, Tea, OJ, Milk Available at all times	Yogurt Pineapple Oatmeal Coffee, Tea, OJ, Milk Available at all times
Lunch	Milk (1 cup) Vegetables (1/2 cup) Fruits (1/2 cup) Grains/Bread (2 slices or 2 servings) Meat	Fat Free Milk Corn Sliced Pears Whole Wheat Bread and Butter Chicken Noodle Casserole Water, Iced Tea and Juice Available Upon Request	Fat Free Milk Green Beans Grapes Whole Wheat Bread and Butter Meatball Subs Water, Iced Tea and Juice Available Upon Request	Fat Free Milk Tomato Cucumber Salad Watermelon Whole Wheat Pizza Shells Pepperoni, Sausage and Cheese Pizza Toppings Water, Iced Tea and Juice Available Upon Request	Fat Free Milk Caeser Salad (1 cup) Mandrain Oranges Whole Wheat Bread and Butter Grilled Chicken Broccoli and Cheddar Soup Water, Iced Tea and Juice Available Upon Request	Fat Free Milk Stewed Tomatoes Fruit Cup Whole Wheat Bread and Butter Mac N Cheese Water, Iced Tea and Juice Available Upon Request
Snack		Turkey Wrap With lettuce, cheese and tortilla	Yougurt and Mixed Berry Smoothie	Whole Grain Mini Bagel Peanut Butter	Chedder Cheese Whole Wheat Crackers	Apple Sauce Peanut Butter Crackers

Iced Water, Lemonade & Iced Tea offered at snack