Summer Food Service Program

2016 HOT LUNCH MENU

June 13-17		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		June 13	June 14	June 15	June 16	June 17	
1% WHITE/	Breakfast	Fresh Fruit ½ c. Tootie Fruities Cold Cereal ¾ c.	Fresh Fruit ½ c. Blueberry Muffin 2oz	Fresh Fruit ½ c. Frosted Flakes Cold Cereal ¾ c.	Fresh Fruit ½ c Bagel 1oz	Fresh Fruit 1/2c. Cinnamon Toasters Cold Cereal ¾ c.	
FAT FREE CHOC MILK SERVED WITH		Crispy Chicken Patty 3oz Hamburger Bun 1,7oz (2 M/MA-CN label)	Meatloaf 3oz (2 M/MA) 1 Dinner Roll (.9oz-1 G/B)	Chicken w/ Mojo 4oz (3 M/MA) ½ cup White Rice	3 ea(10z) Meatballs w/ Sauce (CN label- 2 M/MA) Bun- 1.5oz	1- Slice Domino's Pizza 2-Slice Ages 7-14 (2 M/MA-2 G/B)	
ALL MEALS	Lunch/ Supper	3/8 cup Mixed Vegetables 4 oz Mixed Fruit Juice Mayonnaise PC	3/8 cup Mashed Potatoes ½ cup Fruit Cup Ketchup PC	3/8 cup Green Beans 4 oz Apple Juice	3/8 cup Carrots ½ cup Fruit Cup	3/8 cup Tossed Salad 4 oz Grape Juice Salad Dressing PC	
T 20.24		T 20	Y 01	Y 22	Y 22		
June 20-24	l g	June 20	June 21	June 22	June 23	June 24	
1% WHITE/ FAT FREE	Breakfast	Fresh Fruit ½ c. Tootie Fruities Cold Cereal ¾ c.	Fresh Fruit ½ c. Blueberry Muffin 2oz	Fresh Fruit ½ c. Frosted Flakes Cold Cereal ¾ c.	Fresh Fruit ½ c. Cinnamon Bagel 1 oz.	Fresh Fruit 1/2c. Cinnamon Toasters Cold Cereal ¾ c.	
CHOC MILK SERVED WITH ALL MEALS		Hamburger 2.7oz (2 M/MA) Hamburger Bun 1.7oz	Teriyaki Chicken (2 M/MA) ½ cup Fried Rice	Papa John's Pizza	BBQ Beef 4oz (3 M/MA) Hamburger Bun 1.7oz	1- Slice Domino's Pizza 2-Slice Ages 7-14 (2 M/MA-2 G/B)	
	Lunch/ Supper	3/8 cup Mixed Vegetables 4 oz Mixed Fruit Juice Ketchup PC	3/8 cup Kernel Corn ½ cup Fruit Cup	Water/Fountain Drink	3/8 cup Carrots ½ cup Fruit Cup	3/8 cup Tossed Salad 4 oz Grape Juice	
		•				Salad Dressing PC	
June 27- July 1	ı.	June 27	June 28	June 29	June 30	July 1	
1% WHITE/	Breakfast	Fresh Fruit ½ c. Tootie Fruities Cold Cereal ¾ c.	Fresh Fruit ½ c. Blueberry Muffin 2oz	Fresh Fruit ½ c. Frosted Flakes Cold Cereal ¾ c.	Fresh Fruit ½ c Honey Bun(Unfrosted) 2oz	Fresh Fruit 1/2c. Cinnamon Toasters Cold Cereal ¾ c.	6 #JJ A
FAT FREE CHOC MILK SERVED WITH ALL MEALS		4 Breaded Chicken Strips (2.5 M/MA-CN Label) 1 Dinner Roll (.9oz-1 G/B)	Beef Burrito 4oz (3 M/MA & 1 G/B) ½ cup White Rice	Salisbury Steak 3 oz (2 M/MA-CN Label) 1 Dinner Roll (.9oz-1 G/B)	BBQ Chicken (2 M/MA) 1 Dinner Roll (.9oz-1 G/B)	1- Slice Domino's Pizza 2-Slice Ages 7-14 (2 M/MA-2 G/B)	
	Lunch/ Supper	3/8 cup Mixed Vegetables 4 oz Mixed Fruit Juice	3/8 cup Kernel Corn ½ cup Fruit Cup	3/8 cup Mashed Potatoes 4 oz Apple Juice	3/8 cup Carrots ½ cup Fruit Cup	3/8 cup Tossed Salad 4 oz Grape Juice	
		Ketchup PC				Salad Dressing PC	

2016 Hot Lunch Menu

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
July4-8	L.	July 4	July 5	July 6	July 7	July 8	
1% WHITE/ FAT FREE CHOC MILK SERVED WITH ALL MEALS	Breakfast	4 th of July	Fresh Fruit ½ c. Blueberry Muffin 2oz Meatloaf 3oz (2 M/MA)	Fresh Fruit ½ c. Frosted Flakes Cold Cereal ½ c. Chicken w/ Mojo 4oz	Fresh Fruit ½ c Bagel 1oz 3 ea(1oz) Meatballs w/ Sauce	Fresh Fruit 1/2c. Cinnamon Toasters Cold Cereal ¾ c. 1- Slice Domino's Pizza	
	Lunch/ Supper	4 Of July	1 Dinner Roll (.9oz-1 G/B) 3/8 cup Mashed Potatoes	(3 M/MA) ¹ / ₂ cup White Rice 3/8 cup Green Beans	(CN label- 2 M/MA) Bun- 1.5oz 3/8 cup Carrots	2-Slice Ages 7-14 (2 M/MA-2 G/B) 3/8 cup Tossed Salad	
	Lu		½ cup Fruit Cup Ketchup PC	4 oz Apple Juice	½ cup Fruit Cup	4 oz Grape Juice Salad Dressing PC	
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July 11-15	st	July 11	July 12	July 13	July 14	July 15	
1% WHITE/ FAT FREE CHOC MILK SERVED WITH ALL MEALS	Breakfast	Fresh Fruit ½ c. Tootie Fruities Cold Cereal ¾ c.	Fresh Fruit ½ c. Blueberry Muffin 2oz	Fresh Fruit ½ c. Frosted Flakes Cold Cereal ¾ c.	Fresh Fruit ½ c. Cinnamon Bagel 1 oz.	Fresh Fruit 1/2c. Cinnamon Toasters Cold Cereal ¾ c.	
	Supper	Hamburger 2.7oz (2 M/MA) Hamburger Bun 1.7oz	Teriyaki Chicken (2 M/MA) ½ cup Fried Rice	1 Turkey Corn Dog 4oz (2 M/MA & 2 G/B-CN Label)	BBQ Beef 4oz (3 M/MA) Hamburger Bun 1.7oz	1- Slice Domino's Pizza 2-Slice Ages 7-14 (2 M/MA-2 G/B)	
	Lunch/	3/8 cup Mixed Vegetables 4 oz Mixed Fruit Juice	3/8 cup Kernel Corn ½ cup Fruit Cup	3/8 cup Green Peas 4 oz Apple Juice	3/8 cup Carrots ½ cup Fruit Cup	3/8 cup Tossed Salad 4 oz Grape Juice	
	Lu	Ketchup PC		Mustard OR Ketchup PC		Salad Dressing PC	
July 18-22	ıt.	July 18	July 19	July 20	July 21	July 22	
1% WHITE/ FAT FREE	Breakfast	Fresh Fruit ½ c. Tootie Fruities Cold Cereal ¾ c.	Fresh Fruit ½ c. Blueberry Muffin 2oz	Fresh Fruit ½ c. Frosted Flakes Cold Cereal ¾ c.	Fresh Fruit ½ c Honey Bun(Unfrosted) 2oz	Fresh Fruit 1/2c. Cinnamon Toasters Cold Cereal ¾ c.	
CHOC MILK SERVED WITH ALL MEALS		4 Breaded Chicken Strips (2.5 M/MA-CN Label) 1 Dinner Roll (.9oz-1 G/B)	Beef Burrito 4oz (3 M/MA & 1 G/B) ½ cup White Rice	Domino's Pizza	BBQ Chicken (2 M/MA) 1 Dinner Roll (.9oz-1 G/B)	1- Slice Domino's Pizza 2-Slice Ages 7-14 (2 M/MA-2 G/B)	
	Lunch/ Supper	3/8 cup Mixed Vegetables 4 oz Mixed Fruit Juice	3/8 cup Kernel Corn ½ cup Fruit Cup	Water	3/8 cup Carrots ½ cup Fruit Cup	3/8 cup Tossed Salad 4 oz Grape Juice	
		Ketchup PC				Salad Dressing PC	
July 2529		July 25	July 26	July 27	July 28	July 29	
1% WHITE/ FAT FREE CHOC MILK SERVED WITH	Breakfast	Fresh Fruit ½ c. Tootie Fruities Cold Cereal ¾ c.	Fresh Fruit ½ c. Blueberry Muffin 2oz	Fresh Fruit ½ c. Frosted Flakes Cold Cereal ¾ c.	Fresh Fruit ½ c Bagel 1oz	Fresh Fruit 1/2c. Cinnamon Toasters Cold Cereal ¾ c.	She to the
		Crispy Chicken Patty 3oz Hamburger Bun 1.7oz (2 M/MA-CN label)	Meatloaf 3oz (2 M/MA) 1 Dinner Roll (.9oz-1 G/B)	Papa John's Pizza	3 ea(1oz) Meatballs w/ Sauce (CN label- 2 M/MA) Bun- 1.5oz	1- Slice Domino's Pizza 2-Slice Ages 7-14 (2 M/MA-2 G/B)	
ALL MEALS	Lunch/ Supper	3/8 cup Mixed Vegetables 4 oz Mixed Fruit Juice	3/8 cup Mashed Potatoes ½ cup Fruit Cup	Water/Fountain Drink	3/8 cup Carrots ½ cup Fruit Cup	3/8 cup Tossed Salad 4 oz Grape Juice	25 25 25
		Mayonnaise PC	Ketchup PC			Salad Dressing PC	

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
August 1-5		Aug 1	Aug 2	Aug 3	Aug 4	Aug 5	
1% WHITE/	Breakfast	Fresh Fruit ½ c. Tootie Fruities Cold Cereal ¾ c.	Fresh Fruit ½ c. Blueberry Muffin 2oz	Fresh Fruit ½ c. Frosted Flakes Cold Cereal ¾ c.	Fresh Fruit ½ c. Cinnamon Bagel 1 oz.	Fresh Fruit 1/2c. Cinnamon Toasters Cold Cereal ¾ c.	
FAT FREE CHOC MILK SERVED WITH ALL MEALS	ch/ oer	Hamburger 2.7oz (2 M/MA) Hamburger Bun 1.7oz	Teriyaki Chicken (2 M/MA) ½ cup Fried Rice	1 Hamburger or Cheeseburger Chips Water	BBQ Beef 4oz (3 M/MA) Hamburger Bun 1.7oz	1- Slice Domino's Pizza 2-Slice Ages 7-14 (2 M/MA-2 G/B)	
	Lunch/ Supper	3/8 cup Mixed Vegetables 4 oz Mixed Fruit Juice Ketchup PC	3/8 cup Kernel Corn ½ cup Fruit Cup	Ketchup PC	3/8 cup Carrots ¹ / ₂ cup Fruit Cup	3/8 cup Tossed Salad 4 oz Grape Juice Salad Dressing PC	
August 8-12		August 8	August 9	August 10	August 11	August 12	
1% WHITE/	Breakfast	Fresh Fruit ½ c. Tootie Fruities Cold Cereal ¾ c.	Fresh Fruit ½ c. Blueberry Muffin 2oz	Fresh Fruit ½ c. Frosted Flakes Cold Cereal ¾ c.	Fresh Fruit ½ c Honey Bun(Unfrosted) 2oz	Fresh Fruit 1/2c. Cinnamon Toasters Cold Cereal ¾ c.	
FAT FREE CHOC MILK SERVED WITH		4 Breaded Chicken Strips (2.5 M/MA-CN Label) 1 Dinner Roll (.9oz-1 G/B)	Beef Burrito 4oz (3 M/MA & 1 G/B) ½ cup White Rice	Salisbury Steak 3 oz (2 M/MA-CN Label) 1 Dinner Roll (.9oz-1 G/B)	BBQ Chicken (2 M/MA) 1 Dinner Roll (.9oz-1 G/B)	1- Slice Domino's Pizza 2-Slice Ages 7-14 (2 M/MA-2 G/B)	
ALL MEALS	Lunch/ Supper	3/8 cup Mixed Vegetables 4 oz Mixed Fruit Juice	3/8 cup Kernel Corn ½ cup Fruit Cup	3/8 cup Mashed Potatoes 4 oz Apple Juice	3/8 cup Carrots ½ cup Fruit Cup	3/8 cup Tossed Salad 4 oz Grape Juice	
		Ketchup PC	Ketchup PC			Salad Dressing PC	

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