



"It Takes A Village, To Raise A Child"

The Village Youth Services, Inc.

Summer Food Service Program (SFSP)

2019 HOT LUNCH & SNACK MENU





		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
June 10 – 14		10	11	12	13	14	
8 OZ. WHITE or CHOCOLATE MILK SERVED WITH ALL MEALS	Lunch	Latin Hoagie Sandwich on a Midnight Sub Roll (Turkey, Turkey Ham, White Cheese) Fruit Mix Cup (3/4 cup) 100% Fruit Juice (4 oz.)	Chicken Salad on Pita Bread Fresh Fruit 100% Fruit Juice (4 oz.)	Egg Salad on Croissant Shredded Carrots 100% Fruit Juice (4 oz.)	Deli Turkey & American Cheese on Medianoche Baby Carrot Ranch Cup 100% Fruit Juice (4 oz.)	Turkey Ham & White American Cheese on Cuban Hoagie Fresh Fruit 100% Fruit Juice (4 oz.)	
	Snack	Cold Cereal (1 oz.) 100% Fruit Juice (6 oz.)	Graham Crackers (1 oz.) 100% Fruit Juice (6 oz.)	Pretzel Sticks (1 oz.) Yogurt (4 oz.)	Chocolate Chip Muffin (2.2 oz.) Fresh Fruit (3/4 cup)	Tuna (2 oz.) w/ 1 oz. Saltine Crackers 100% Fruit Juice (6 oz.)	
June 17 – 21		17	18	19	20	21	
8 OZ. WHITE or CHOCOLATE MILK SERVED WITH ALL MEALS	Lunch	Grilled Chicken & Cheese Quesadilla (1 per child) Black Beans (3/4 cup) 100% Fruit Juice (4 oz.) Ranch Cup	Spaghetti (1 oz.)w/ Tomato Meat Sauce (2 oz.) Corn (3/4 cup) Fresh Fruit	Turkey Picadillo (2 oz.) Brown Rice (1 oz.) Yucca (3/4 cup) 100% Fruit Juice (4 oz.)	Roasted Turkey Slice (1 slice) Whole Wheat Dinner Roll Mashed Potato (3/4 cup) Fresh Fruit (3/4 cup)	Cheese Pizza (1 slice) Corn (3/4 cup) Fruit Juice (4 oz.)	
	Snack	100% Whole Wheat Flour Tortilla (4 oz.) w/ 1 oz. Cheese Sauce Cup 100% Fruit Juice (6 oz.)	Cheez-It Cheese Snack Crackers (1 oz.) 100% Fruit Juice (6 oz.)	Animal Crackers (1 oz.) Fresh Fruit (3/4 cup)	Chocolate Chip Cookie (1 oz.) 1% White Milk (8 oz.)	Goldfish Crackers (1 oz.) 100% Fruit Juice (6 oz.)	
June 24 – 28		24	25	26	27	28	
8 OZ. WHITE or CHOCOLATE MILK SERVED WITH ALL MEALS	Lunch	Chicken Nuggets (5 pcs.) Whole Wheat Dinner Roll (1 oz.) Tater Tots (3/4 cups) 100% Fruit Juice (4 oz.)	Ground Turkey Tacos (2 oz.) Black Beans (3/4 cups) Fruit Mix Cup (3/4 cup) Taco Sauce	Chicken Stir-fry w/ Broccoli and Carrots (2 oz.) Brown Rice (1/2 cup) 100% Fruit Juice (4 oz.)	Salisbury Steak (2 oz.) Mashed Potatoes (3/4 cups) Whole Wheat Dinner Roll (1 oz.) Fruit Mix Cup (3/4 cup)	Cheese Pizza (1 slice) Sweet Potato Fries (3/4 cup) Fruit Juice (4 oz.)	
	Snack	Blueberry Muffin (2.2 oz.) 100% Fruit Juice (6 oz.)	Cold Cereal (1 oz.) 1% White Milk (8 oz.)	Animal Crackers (1 oz.) 100% Fruit Juice (6 oz.)	Pretzel Sticks (1 oz.) Flavored Yogurt (4 oz.)	Goldfish Crackers (1 oz.) 100% Fruit Juice (6 oz.)	

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		MONDAY		TUESDAY		WEDNESDAY	
July 1 – 5	1	Chicken Tenders (3 pcs.) Mac & Cheese (1 oz.) Mixed Vegetables (3/4 cup) Fruit Cup (3/4 cup) BBQ Sauce Cup		Turkey Burger on 100% Whole Wheat Bun Sweet Potato Fries (1 oz.) 100% Fruit Juice (4 oz.)		Baked BBQ Chicken (1 pc.) Fried Rice (1/2 cup) Oven Baked Plantains (3/4 cup) Fresh Fruit (1/4 cup)	
	2	Cold Cereal (1 oz.) 100% Fruit Juice (6 oz.)		Graham Crackers (1 oz.) 100% Fruit Juice (6 oz.)		Pretzel Sticks (1 oz.) Yogurt (4 oz.)	
July 8 – 12	8	Pulled Chicken (2 oz.) 100% Whole Wheat Bun Sweet Potato Fries (3/4 cup) Fruit Mix Cup (3/4 cup) BBQ Sauce		Ground Turkey Tacos (2 oz.) Black Beans (3/4 cups) 100% Fruit Juice (4 oz.) Taco Sauce		Salisbury Steak (1 pc.) Mashed Potatoes (3/4 cup) Whole Wheat Dinner Roll 100% Fruit Juice (4 oz.)	
	9	100% Whole Wheat Flour Tortilla (4 oz.) w/ 1 oz. Cheese Sauce Cup 100% Fruit Juice (6 oz.)		Cheez-It Cheese Snack Crackers (1 oz.) 100% Fruit Juice (6 oz.)		Animal Crackers (1 oz.) Fresh Fruit (3/4 cup)	
July 15 – 19	15	Grilled Chicken (2 oz.) & Cheese (1 oz.) Quesadilla (1 per child) Black Beans (3/4 cup) 100% Fruit Juice (4 oz.) Ranch Dressing (1 oz.)		Spaghetti (1/2 cup) w/ Meat (2 oz.) Tomato Sauce (2 oz.) Corn (3/4 cup) Fresh Fruit (1/4 cup)		Turkey Picadillo (2 oz.) Brown Rice (1/2 cup) Yucca (3/4 cup) 100% Fruit Juice (4 oz.)	
	16	Blueberry Muffin (2.2 oz.) 100% Fruit Juice (6 oz.)		Cold Cereal (1 oz.) 1% White Milk (8 oz.)		Animal Crackers (1 oz.) 100% Fruit Juice (6 oz.)	
July 22 – 26	22	Chicken Nuggets (5 pcs.) Whole Wheat Dinner Roll (1 oz.) Tater Tots (3/4 cups) 100% Fruit Juice (4 oz.)		Ground Turkey Tacos (2 oz.) Black Beans (3/4 cups) Fruit Mix Cup (3/4 cup) Taco Sauce		Chicken Stir-fry w/ Broccoli and Carrots (2 oz.) Brown Rice (1/2 cup) 100% Fruit Juice (4 oz.)	
	23	Cold Cereal (1 oz.) 100% Fruit Juice (6 oz.)		Graham Crackers (1 oz.) 100% Fruit Juice (6 oz.)		Pretzel Sticks (1 oz.) Yogurt (4 oz.)	
July 29 – August 2	29	Sloppy Joes (2 oz.) on 100% Whole Wheat Bun Baby Carrots (3/4 cup) Fresh Fruit Ranch Cup		Roasted Turkey Slice (1 slice) Whole Wheat Dinner Roll (1 oz.) Mashed Potato (3/4 cup) Fresh Fruit (1/4 cup)		Cheese Pizza (1 slice) Corn (3/4 cup) Fruit Juice (4 oz.)	
	30	Chocolate Chip Cookie (1 oz.) 1% White Milk (8 oz.)		Pretzel Sticks (1 oz.) Flavored Yogurt (4 oz.)		Goldfish Crackers (1 oz.) 100% Fruit Juice (6 oz.)	
August 5 – 9	5	Tuna (2 oz.) w/ 1 oz. Saltine Crackers 100% Fruit Juice (6 oz.)		Cheese Pizza (1 slice) Sweet Potato Fries (3/4 cup) Fruit Juice (4 oz.)		Tuna (2 oz.) w/ 1 oz. Saltine Crackers 100% Fruit Juice (6 oz.)	
	6	Cold Cereal (1 oz.) 100% Fruit Juice (6 oz.)		Graham Crackers (1 oz.) 100% Fruit Juice (6 oz.)		Pretzel Sticks (1 oz.) Yogurt (4 oz.)	
August 12 – 16		Pulled Chicken (2 oz.) 100% Whole Wheat Bun Sweet Potato Fries (3/4 cup) Fruit Mix Cup (3/4 cup) BBQ Sauce		Ground Turkey Tacos (2 oz.) Black Beans (3/4 cups) 100% Fruit Juice (4 oz.) Taco Sauce		Salisbury Steak (1 pc.) Mashed Potatoes (3/4 cup) Whole Wheat Dinner Roll 100% Fruit Juice (4 oz.)	
August 19 – 23		100% Whole Wheat Flour Tortilla (4 oz.) w/ 1 oz. Cheese Sauce Cup 100% Fruit Juice (6 oz.)		Cheez-It Cheese Snack Crackers (1 oz.) 100% Fruit Juice (6 oz.)		Animal Crackers (1 oz.) Fresh Fruit (3/4 cup)	
August 26 – 30		Grilled Chicken (2 oz.) & Cheese (1 oz.) Quesadilla (1 per child) Black Beans (3/4 cup) 100% Fruit Juice (4 oz.) Ranch Dressing (1 oz.)		Spaghetti (1/2 cup) w/ Meat (2 oz.) Tomato Sauce (2 oz.) Corn (3/4 cup) Fresh Fruit (1/4 cup)		Turkey Picadillo (2 oz.) Brown Rice (1/2 cup) Yucca (3/4 cup) 100% Fruit Juice (4 oz.)	
August 31 – September 4		Blueberry Muffin (2.2 oz.) 100% Fruit Juice (6 oz.)		Cold Cereal (1 oz.) 1% White Milk (8 oz.)		Animal Crackers (1 oz.) 100% Fruit Juice (6 oz.)	
September 7 – 11		Chicken Nuggets (5 pcs.) Whole Wheat Dinner Roll (1 oz.) Tater Tots (3/4 cups) 100% Fruit Juice (4 oz.)		Ground Turkey Tacos (2 oz.) Black Beans (3/4 cups) Fruit Mix Cup (3/4 cup) Taco Sauce		Chicken Stir-fry w/ Broccoli and Carrots (2 oz.) Brown Rice (1/2 cup) 100% Fruit Juice (4 oz.)	
September 14 – 18		Cold Cereal (1 oz.) 100% Fruit Juice (6 oz.)		Graham Crackers (1 oz.) 100% Fruit Juice (6 oz.)		Pretzel Sticks (1 oz.) Yogurt (4 oz.)	
September 21 – 25		Sloppy Joes (2 oz.) on 100% Whole Wheat Bun Baby Carrots (3/4 cup) Fresh Fruit Ranch Cup		Roasted Turkey Slice (1 slice) Whole Wheat Dinner Roll (1 oz.) Mashed Potato (3/4 cup) Fresh Fruit (1/4 cup)		Cheese Pizza (1 slice) Corn (3/4 cup) Fruit Juice (4 oz.)	
September 28 – October 2		Chocolate Chip Cookie (1 oz.) 1% White Milk (8 oz.)		Pretzel Sticks (1 oz.) Flavored Yogurt (4 oz.)		Goldfish Crackers (1 oz.) 100% Fruit Juice (6 oz.)	
October 5 – 9		Tuna (2 oz.) w/ 1 oz. Saltine Crackers 100% Fruit Juice (6 oz.)		Cheese Pizza (1 slice) Sweet Potato Fries (3/4 cup) Fruit Juice (4 oz.)		Tuna (2 oz.) w/ 1 oz. Saltine Crackers 100% Fruit Juice (6 oz.)	
October 12 – 16		Cold Cereal (1 oz.) 100% Fruit Juice (6 oz.)		Graham Crackers (1 oz.) 100% Fruit Juice (6 oz.)		Pretzel Sticks (1 oz.) Yogurt (4 oz.)	
October 19 – 23		Pulled Chicken (2 oz.) 100% Whole Wheat Bun Sweet Potato Fries (3/4 cup) Fruit Mix Cup (3/4 cup) BBQ Sauce		Ground Turkey Tacos (2 oz.) Black Beans (3/4 cups) 100% Fruit Juice (4 oz.) Taco Sauce		Salisbury Steak (1 pc.) Mashed Potatoes (3/4 cup) Whole Wheat Dinner Roll 100% Fruit Juice (4 oz.)	
October 26 – 30		100% Whole Wheat Flour Tortilla (4 oz.) w/ 1 oz. Cheese Sauce Cup 100% Fruit Juice (6 oz.)		Cheez-It Cheese Snack Crackers (1 oz.) 100% Fruit Juice (6 oz.)		Animal Crackers (1 oz.) Fresh Fruit (3/4 cup)	
November 2 – 6		Grilled Chicken (2 oz.) & Cheese (1 oz.) Quesadilla (1 per child) Black Beans (3/4 cup) 100% Fruit Juice (4 oz.) Ranch Dressing (1 oz.)		Spaghetti (1/2 cup) w/ Meat (2 oz.) Tomato Sauce (2 oz.) Corn (3/4 cup) Fresh Fruit (1/4 cup)		Turkey Picadillo (2 oz.) Brown Rice (1/2 cup) Yucca (3/4 cup) 100% Fruit Juice (4 oz.)	
November 9 – 13		Blueberry Muffin (2.2 oz.) 100% Fruit Juice (6 oz.)		Cold Cereal (1 oz.) 1% White Milk (8 oz.)		Animal Crackers (1 oz.) 100% Fruit Juice (6 oz.)	
November 16 – 20		Chicken Nuggets (5 pcs.) Whole Wheat Dinner Roll (1 oz.) Tater Tots (3/4 cups) 100% Fruit Juice (4 oz.)		Ground Turkey Tacos (2 oz.) Black Beans (3/4 cups) Fruit Mix Cup (3/4 cup) Taco Sauce		Chicken Stir-fry w/ Broccoli and Carrots (2 oz.) Brown Rice (1/2 cup) 100% Fruit Juice (4 oz.)	
November 23 – 27		Cold Cereal (1 oz.) 100% Fruit Juice (6 oz.)		Graham Crackers (1 oz.) 100% Fruit Juice (6 oz.)		Pretzel Sticks (1 oz.) Yogurt (4 oz.)	
November 30 – December 4		Sloppy Joes (2 oz.) on 100% Whole Wheat Bun Baby Carrots (3/4 cup) Fresh Fruit Ranch Cup		Roasted Turkey Slice (1 slice) Whole Wheat Dinner Roll (1 oz.) Mashed Potato (3/4 cup) Fresh Fruit (1/4 cup)		Cheese Pizza (1 slice) Corn (3/4 cup) Fruit Juice (4 oz.)	
December 7 – 11		Chocolate Chip Cookie (1 oz.) 1% White Milk (8 oz.)		Pretzel Sticks (1 oz.) Flavored Yogurt (4 oz.)		Goldfish Crackers (1 oz.) 100% Fruit Juice (6 oz.)	
December 14 – 18		Tuna (2 oz.) w/ 1 oz. Saltine Crackers 100% Fruit Juice (6 oz.)		Cheese Pizza (1 slice) Sweet Potato Fries (3/4 cup) Fruit Juice (4 oz.)		Tuna (2 oz.) w/ 1 oz. Saltine Crackers 100% Fruit Juice (6 oz.)	
December 21 – 25		Cold Cereal (1 oz.) 100% Fruit Juice (6 oz.)		Graham Crackers (1 oz.) 100% Fruit Juice (6 oz.)		Pretzel Sticks (1 oz.) Yogurt (4 oz.)	
December 28 – January 1		Pulled Chicken (2 oz.) 100% Whole Wheat Bun Sweet Potato Fries (3/4 cup) Fruit Mix Cup (3/4 cup) BBQ Sauce		Ground Turkey Tacos (2 oz.) Black Beans (3/4 cups) 100% Fruit Juice (4 oz.) Taco Sauce		Salisbury Steak (1 pc.) Mashed Potatoes (3/4 cup) Whole Wheat Dinner Roll 100% Fruit Juice (4 oz.)	
January 4 – 8		100% Whole Wheat Flour Tortilla (4 oz.) w/ 1 oz. Cheese Sauce Cup 100% Fruit Juice (6 oz.)		Cheez-It Cheese Snack Crackers (1 oz.) 100% Fruit Juice (6 oz.)		Animal Crackers (1 oz.) Fresh Fruit (3/4 cup)	
January 11 – 15		Grilled Chicken (2 oz.) & Cheese (1 oz.) Quesadilla (1 per child) Black Beans (3/4 cup) 100% Fruit Juice (4 oz.) Ranch Dressing (1 oz.)		Spaghetti (1/2 cup) w/ Meat (2 oz.) Tomato Sauce (2 oz.) Corn (3/4 cup) Fresh Fruit (1/4 cup)		Turkey Picadillo (2 oz.) Brown Rice (1/2 cup) Yucca (3/4 cup) 100% Fruit Juice (4 oz.)	
January 18 – 22		Blueberry Muffin (2.2 oz.) 100% Fruit Juice (6 oz.)		Cold Cereal (1 oz.) 1% White Milk (8 oz.)		Animal Crackers (1 oz.) 100% Fruit Juice (6 oz.)	
January 25 – 29		Chicken Nuggets (5 pcs.) Whole Wheat Dinner Roll (1 oz.) Tater Tots (3/4 cups) 100% Fruit Juice (4 oz.)		Ground Turkey Tacos (2 oz.) Black Beans (3/4 cups) Fruit Mix Cup (3/4 cup) Taco Sauce		Chicken Stir-fry w/ Broccoli and Carrots (2 oz.) Brown Rice (1/2 cup) 100% Fruit Juice (4 oz.)	
January 31 – February 4		Cold Cereal (1 oz.) 100% Fruit Juice (6 oz.)		Graham Crackers (1 oz.) 100% Fruit Juice (6 oz.)		Pretzel Sticks (1 oz.) Yogurt (4 oz.)	

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
July 29 – Aug. 2		29	30	31	1	2	
8 OZ. WHITE/CHOC MILK SERVED WITH ALL MEALS	Lunch	Chicken Tenders (3 pcs.) Mac & Cheese (1 oz.) Mixed Vegetables (3/4 cup) Fruit Cup (3/4 cup) BBQ Sauce Cup	Turkey Burger on 100% Whole Wheat Bun Sweet Potato Fries (1 oz.) 100% Fruit Juice (4 oz.)	Baked BBQ Chicken (1 pc.) Fried Rice (1/2 cup) Oven Baked Plantains (3/4 cup) Fresh Fruit (1/4 cup)	Beefaroni (2 oz.) Green Beans (3/4 cup) Mixed Fruit Cup (3/4 cup)	Cheese Pizza (1 slice) Corn (3/4 cup) Fresh Fruit (1/4 cup)	
	Snack	100% Whole Wheat Flour Tortilla (4 oz.) w/ 1 oz. Cheese Sauce Cup 100% Fruit Juice (6 oz.)	Cheez-It Cheese Snack Crackers (1 oz.) 100% Fruit Juice (6 oz.)	Animal Crackers (1 oz.) Fresh Fruit (3/4 cup)	Chocolate Chip Cookie (1 oz.) 1% White Milk (8 oz.)	Goldfish Crackers (1 oz.) 100% Fruit Juice (6 oz.)	
August 5 – 9		5	6	7	8	9	
8 OZ. WHITE/CHOC MILK SERVED WITH ALL MEALS	Lunch	Pulled Chicken (2 oz.) 100% Whole Wheat Bun Sweet Potato Fries (3/4 cup) Fruit Mix Cup (3/4 cup) BBQ Sauce	Ground Turkey Tacos (2 oz.) Black Beans (3/4 cups) 100% Fruit Juice (4 oz.) Taco Sauce	Salisbury Steak (1 pc.) Mashed Potatoes (3/4 cup) Whole Wheat Dinner Roll 100% Fruit Juice (4 oz.)	Stoppy Joes (2 oz.) on 100% Whole Wheat Bun Baby Carrots (3/4 cup) Fresh Fruit Ranch Cup	Cheese Pizza (1 slice) Corn (3/4 cup) Fruit Mix Cup (3/4 cup)	
	Snack	Blueberry Muffin (2.2 oz.) 100% Fruit Juice (6 oz.)	Cold Cereal (1 oz.) 1% White Milk (8 oz.)	Animal Crackers (1 oz.) 100% Fruit Juice (6 oz.)	Pretzel Sticks (1 oz.) Flavored Yogurt (4 oz.)	Goldfish Crackers (1 oz.) 100% Fruit Juice (6 oz.)	
August 12 – 16		12	13	14	15	16	
8 OZ. WHITE/CHOC MILK SERVED WITH ALL MEALS	Lunch	Grilled Chicken (2 oz.) & Cheese (1 oz.) Quesadilla (1 per child) Black Beans (3/4 cup) 100% Fruit Juice (4 oz.) Ranch Dressing (1 oz.)	Spaghetti (1/2 cup) w/ Meat (2 oz.) Tomato Sauce (2 oz.) Corn (3/4 cup) Fresh Fruit (1/4 cup)	Turkey Picadillo (2 oz.) Brown Rice (1/2 cup) Yucca (3/4 cup) 100% Fruit Juice (4 oz.)	Roasted Turkey Slice (1 slice) Whole Wheat Dinner Roll (1 oz.) Mashed Potato (3/4 cup) Fresh Fruit (1/4 cup)	Cheese Pizza (1 slice) Corn (3/4 cup) Fruit Juice (4 oz.)	
	Snack	Cold Cereal (1 oz.) 100% Fruit Juice (6 oz.)	Graham Crackers (1 oz.) 100% Fruit Juice (6 oz.)	Pretzel Sticks (1 oz.) Yogurt (4 oz.)	Chocolate Chip Muffin (2.2 oz.) Fresh Fruit (3/4 cup)	Tuna (2 oz.) w/ 1 oz. Saline Crackers 100% Fruit Juice (6 oz.)	

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