






Summer Food Service Program

2016 HOT LUNCH MENU

June 13-17		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	Breakfast	June 13	June 14	June 15	June 16	June 17	
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 Bagel 1oz	Fresh Fruit 1/2c. Cinnamon Toasters Cold Cereal ¾ c.	
	Lunch/ Supper	Crispy Chicken Patty 3oz Hamburger Bun 1.7oz (2 M/MA-CN label) 3/8 cup Mixed Vegetables 4 oz Mixed Fruit Juice Mayonnaise PC	Meatloaf 3oz (2 M/MA) 1 Dinner Roll (.9oz-1 G/B) 3/8 cup Mashed Potatoes ½ cup Fruit Cup Ketchup PC	Chicken w/ Mojo 4oz (3 M/MA) ½ cup White Rice 3/8 cup Green Beans 4 oz Apple Juice	3 ea(1oz) Meatballs w/ Sauce (CN label- 2 M/MA) Bun- 1.5oz 3/8 cup Carrots ½ cup Fruit Cup	1- Slice Domino's Pizza (2 M/MA-2 G/B) 3/8 cup Tossed Salad 4 oz Grape Juice Salad Dressing PC	
June 20-24		June 20	June 21	June 22	June 23	June 24	
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.	
	Lunch/ Supper	Hamburger 2.7oz (2 M/MA) Hamburger Bun 1.7oz 3/8 cup Mixed Vegetables 4 oz Mixed Fruit Juice Ketchup PC	Teriyaki Chicken (2 M/MA) ½ cup Fried Rice 3/8 cup Kernel Corn ½ cup Fruit Cup	1 Turkey Corn Dog 4oz (2 M/MA & 2 G/B-CN Label) 3/8 cup Green Peas 4 oz Apple Juice Mustard OR Ketchup PC	BBQ Beef 4oz (3 M/MA) Hamburger Bun 1.7oz 3/8 cup Carrots ½ cup Fruit Cup	1- Slice Domino's Pizza (2 M/MA-2 G/B) 3/8 cup Tossed Salad 4 oz Grape Juice Salad Dressing PC	
June 27- July 1		June 27	June 28	June 29	June 30	July 1	
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 Honey Bun(Unfrosted) 2oz	Fresh Fruit 1/2c. Cinnamon Toasters Cold Cereal ¾ c.	
	Lunch/ Supper	4 Breaded Chicken Strips (2.5 M/MA-CN Label) 1 Dinner Roll (.9oz-1 G/B) 3/8 cup Mixed Vegetables 4 oz Mixed Fruit Juice Ketchup PC	Beef Burrito 4oz (3 M/MA & 1 G/B) ½ cup White Rice 3/8 cup Kernel Corn ½ cup Fruit Cup	Salisbury Steak 3 oz (2 M/MA-CN Label) 1 Dinner Roll (.9oz-1 G/B) 3/8 cup Mashed Potatoes 4 oz Apple Juice	BBQ Chicken (2 M/MA) 1 Dinner Roll (.9oz-1 G/B) 3/8 cup Carrots ½ cup Fruit Cup	1- Slice Domino's Pizza (2 M/MA-2 G/B) 3/8 cup Tossed Salad 4 oz Grape Juice Salad Dressing PC	

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

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
August 1-5		Aug 1	Aug 2	Aug 3	Aug 4	Aug 5	
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.	
	Lunch/ Supper	Hamburger 2.7oz (2 M/MA) Hamburger Bun 1.7oz 3/8 cup Mixed Vegetables 4 oz Mixed Fruit Juice Ketchup PC	Teriyaki Chicken (2 M/MA) ½ cup Fried Rice 3/8 cup Kernel Corn ½ cup Fruit Cup	1 Turkey Corn Dog 4oz (2 M/MA & 2 G/B-CN Label) 3/8 cup Green Peas 4 oz Apple Juice Mustard OR Ketchup PC	BBQ Beef 4oz (3 M/MA) Hamburger Bun 1.7oz 3/8 cup Carrots ½ cup Fruit Cup	1- Slice Domino's Pizza (2 M/MA-2 G/B) 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/ 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 Honey Bun(Unfrosted) 2oz	Fresh Fruit 1/2c. Cinnamon Toasters Cold Cereal ¾ c.	
	Lunch/ Supper	4 Breaded Chicken Strips (2.5 M/MA-CN Label) 1 Dinner Roll (.9oz-1 G/B) 3/8 cup Mixed Vegetables 4 oz Mixed Fruit Juice Ketchup PC	Beef Burrito 4oz (3 M/MA & 1 G/B) ½ cup White Rice 3/8 cup Kernel Corn ½ cup Fruit Cup Ketchup PC	Salisbury Steak 3 oz (2 M/MA-CN Label) 1 Dinner Roll (.9oz-1 G/B) 3/8 cup Mashed Potatoes 4 oz Apple Juice	BBQ Chicken (2 M/MA) 1 Dinner Roll (.9oz-1 G/B) 3/8 cup Carrots ½ cup Fruit Cup	1- Slice Domino's Pizza (2 M/MA-2 G/B) 3/8 cup Tossed Salad 4 oz Grape Juice Salad Dressing PC	
August 15-19		August 15	August 16	August 17	August 18	August 19	
1% WHITE/ FAT FREE CHOC MILK SERVED WITH ALL MEALS	Breakfast	BACK TO SCHOOL WEEK Fresh Fruit ½ c. Cold Cereal ¾ c.	BACK TO SCHOOL WEEK Fresh Fruit ½ c. Blueberry Muffin 2oz	BACK TO SCHOOL WEEK Fresh Fruit ½ c. Cold Cereal ¾ c.	BACK TO SCHOOL WEEK Fresh Fruit ½ c Bagel 1oz	BACK TO SCHOOL WEEK Fresh Fruit 1/2c. Cold Cereal ¾ c.	
	Lunch/ Supper	Crispy Chicken Patty 3oz Hamburger Bun 1.7oz (2 M/MA-CN label) 3/8 cup Mixed Vegetables 4 oz Mixed Fruit Juice Mayonnaise PC	Meatloaf 3oz (2 M/MA) 1 Dinner Roll (.9oz-1 G/B) 3/8 cup Mashed Potatoes ½ cup Fruit Cup Ketchup PC	Chicken w/ Mojo 4oz (3 M/MA) ½ cup White Rice 3/8 cup Green Beans 4 oz Apple Juice	3 ea(1oz) Meatballs w/ Sauce (CN label- 2 M/MA) Bun- 1.5oz 3/8 cup Carrots ½ cup Fruit Cup	1- Slice Domino's Pizza (2 M/MA-2 G/B) 3/8 cup Tossed Salad 4 oz Grape Juice Salad Dressing PC	