

## 2019 Summer Meal Plan

June 10-14		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		June 10	June 11	June 12	June 13	June 14
<b>1% WHITE/ FAT FREE CHOC MILK SERVED WITH ALL MEALS</b>	Breakfast	Fresh Fruit ½ c. Tootie Fruities Cold Cereal ¾ c.	Fresh Fruit ½ c. Blueberry Muffin 2oz	Fresh Fruit ½ c. Corn Flakes Cold Cereal ¾ c.	Fresh Fruit ½ c Bagel 1oz	Fresh Fruit 1/2c. Rice krispies Cold Cereal ¾ c.
	Lunch/ Supper	Baked ziti 7oz Pasta & beef Marianna ¾ cup Steamed green beans  4 oz Mixed Fruit Juice Mayonnaise PC	All beef hot dog Hot dog bun 3/8 cup Salad  4oz Apple juice	3 ea(1oz) Meatballs w/ Sauce Spaghetti ¾ cup Steamed Carrots  ½ cup Fruit Cup	Teriyaki Chicken 4oz ½ cup fried rice ¾ cup Corn Kernels  4oz Grape juice	2 slices cheese pizza ¾ cup Tossed Salad 4 oz Grape Juice  Salad Dressing Pc
		2oz blueberry muffin Apple juice	Rice Krispies 1% white milk	2oz Corn muffin Orange juice	Vanilla cookies Fat free chocolate milk	Chocolate chip granola bar Grape juice
June 17-21		June 17	June 18	June 19	June 20	June 21
<b>1% WHITE/ FAT FREE CHOC MILK SERVED WITH ALL MEALS</b>	Breakfast	Fresh Fruit ½ c. Tootie Fruities Cold Cereal ¾ c.	Fresh Fruit ½ c. Waffles 20z 1oz syrup	Fresh Fruit ½ c. Cinnamon Bagel 1 oz.	Fresh Fruit ½ c. Raisin Bran Cold Cereal ¾ c.	Fresh Fruit 1/2c. Corn Flakes Cold Cereal ¾ c.
	Lunch/ Supper	3 Breaded Chicken Strips French fries ¾ cup Mixed Vegetables  4 oz Mixed Fruit Juice Ketchup PC	1 Turkey Corn Dog 4oz ¾ cup Green Peas 4 oz Apple Juice  Mustard OR Ketchup	Roasted chicken ½ cup mac and cheese ¾ cup Kernel Corn  ½ cup Fruits	Salisbury Steak 3 oz 4oz Mashed Potatoes ¾ cup steamed carrots  4 oz Apple Juice	2 slices cheese pizza ¾ cup Tossed Salad 4 oz Grape Juice  Salad Dressing PC
		Bagel 1oz Fat free milk	Corn Flakes 1% White milk	2oz Banana Muffin Orange juice	2.5 oz Corn bread Apple juice	1oz Pretzel twist Fruit punch
June 24-28		June 24	June 25	June 26	June 27	June 28
<b>1% WHITE/ FAT FREE CHOC MILK SERVED WITH ALL MEALS</b>	Breakfast	Fresh Fruit ½ c. Tootie Fruities Cold Cereal ¾ c.	Fresh Fruit ½ c. Blueberry Muffin 2oz	Fresh Fruit ½ c. Corn Flakes Cold Cereal ¾ c.	Fresh Fruit ½ c 1oz Cinnamon Bagel	Fresh Fruit 1/2c. Rice krispies Cold Cereal ¾ c.
	Lunch/ Supper	All beef hamburger 4oz Hamburger bun 1.7 oz ¾ cup mixed Vegetables  4oz Grape Juice	Turkey Bolognaise 4 oz spaghetti ¾ cup corn kernel  ½ cup Fruit Cup Ketchup PC	BBQ Chicken 1 Dinner Roll ¾ Cup Steamed Carrots  4oz Apple Juice	3 ea(1oz) Meatballs w/ Sauce Spaghetti ¾ cup Carrots  ½ cup Fruit Cup	2 slice cheese pizza ¾ cup Tossed Salad 4 oz Grape Juice  Salad Dressing PC
		2oz Blueberry muffin Apple juice	Coco Roos Fat Free Chocolate Milk	Granola Bar Orange juice	Graham Cookies 1% White Milk	1oz Bagel Fat free Chocolate Milk

July 1-5		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		July 1	July 2	July 3	July 4	July 5
<b>1% WHITE/ FAT FREE CHOC MILK SERVED WITH ALL MEALS</b>	Breakfast	Fresh Fruit ½ c. Tootie Fruities Cold Cereal ¾ c.	Fresh Fruit ½ c. Blueberry Muffin 2oz	Fresh Fruit ½ c. Coco Roos Cold Cereal ¾ c.	Fresh Fruit ½ c Bagel 1oz	Fresh Fruit 1/2c. Rasin Bran Cold Cereal ¾ c.
	Lunch/ Supper	Baked ziti 7oz Pasta & beef Marianna ¾ cup Steamed green beans  4 oz Mixed Fruit Juice Mayonnaise PC	Teriyaki Chicken 4oz ½ cup fried rice 3/8 cup Corn Kernels  4oz Grape juice	3 ea(1oz) Meatballs w/ Sauce Spaghetti ¾ cup Steamed Carrots  ½ cup Fruit Cup	<b>Happy 4<sup>th</sup> of July No Camp</b>	2 slice cheese pizza ¾ cup Tossed Salad 4 oz Grape Juice  Salad Dressing PC
		2oz blueberry muffin Apple juice	Rice Krispies 1% white milk	2oz Corn muffin Orange juice	Vanilla cookies Fat free chocolate milk	Chocolate chip granola bar Grape juice
July 8-12		July 8	July 9	July 10	July 11	July 12
<b>1% WHITE/ FAT FREE CHOC MILK SERVED WITH ALL MEALS</b>	Breakfast	Fresh Fruit ½ c. Tootie Fruities Cold Cereal ¾ c.	Fresh Fruit ½ c. Waffles 20z 1oz syrup	Fresh Fruit ½ c. Cinnamon Bagel 1 oz.	Fresh Fruit ½ c. Rice krispies Cold Cereal ¾ c.	Fresh Fruit 1/2c. Raisin Bran Cold Cereal ¾ c.
	Lunch/ Supper	3 Breaded Chicken Strips French fries ¾ cup Mixed Vegetables  4 oz Mixed Fruit Juice Ketchup PC	1 Turkey Corn Dog 4oz ¾ cup Green Peas 4 oz Apple Juice  Mustard OR Ketchup	Roasted chicken ½ cup mac and cheese ¾ cup Kernel Corn  ½ cup Fruits	Salisbury Steak 3 oz 4oz Mashed Potatoes ¾ cup steamed carrots  4 oz Apple Juice	2 slice cheese pizza ¾ cup Tossed Salad 4 oz Grape Juice  Salad Dressing PC
		Bagel 1oz Fat free milk	Corn Flakes 1% White milk	2oz Banana Muffin Orange juice	2.5 oz Corn bread Apple juice	1oz Pretzel twist Fruit punch
July 15-19		July 15	July 16	July 17	July 18	July 19
<b>1% WHITE/ FAT FREE CHOC MILK SERVED WITH ALL MEALS</b>	Breakfast	Fresh Fruit ½ c. Tootie Fruities Cold Cereal ¾ c.	Fresh Fruit ½ c. Blueberry Muffin 2oz	Fresh Fruit ½ c. Coco Roos Cold Cereal ¾ c.	Fresh Fruit ½ c 1oz Cinnamon Bagel	Fresh Fruit 1/2c. Raisin Bran Cold Cereal ¾ c.
	Lunch/ Supper	4 crsipy Chicken nuggets 3oz French Fries ¾ cup mixed Vegetables  4oz Grape Juice	Turkey Bolognaise 4oz spaghetti ½ cup corn kernel  ½ cup Fruit Cup Ketchup PC	BBQ Chicken 1 Dinner Roll ¾ Cup Steamed Carrots  4oz Apple Juice	3 ea(1oz) Meatballs w/ Sauce Spaghetti ¾ cup Carrots  ½ cup Fruit Cup	2 slice cheese pizza ¾ cup Tossed Salad 4 oz Grape Juice  Salad Dressing PC
		2oz Blueberry muffin Apple juice	Coco Roos Fat Free Chocolate Milk	Granola Bar Orange juice	Graham Cookies 1% White Milk	1oz Bagel Fat free Chocolate Milk

July 22-26		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		July 22	July 23	July 24	July 25	July 26
<b>1% WHITE/ FAT FREE CHOC MILK SERVED WITH ALL MEALS</b>	Breakfast	Fresh Fruit ½ c. Tootie Fruities Cold Cereal ¾ c.	Fresh Fruit ½ c. Blueberry Muffin 2oz	Fresh Fruit ½ c. Raisin Bran Cold Cereal ¾ c.	Fresh Fruit ½ c Bagel 1oz	Fresh Fruit 1/2c. Coco Roos Cold Cereal ¾ c.
	Lunch/ Supper	Baked ziti 7oz Pasta & beef Marianna ¾ cup Steamed green beans  4 oz Mixed Fruit Juice Mayonnaise PC	Teriyaki Chicken 4oz ½ cup fried rice ¾ cup Corn Kernels  4oz Grape juice	3 ea(1oz) Meatballs w/ Sauce Spaghetti ¾ cup Steamed Carrots  ½ cup Fruit Cup	Chicken fajita 4oa ½ cup White Rice ¾ cup Green Beans  4oz Apple juice	1 slice cheese pizza ¾ cup Tossed Salad 4 oz Grape Juice  Salad Dressing PC
		2oz blueberry muffin Apple juice	Rice Krispies 1% white milk	2oz Corn muffin Orange juice	Vanilla cookies Fat free chocolate milk	Chocolate chip granola bar Grape juice
July 29-Aug 2		July 29	July 30	July 31	August 1	August 2
<b>1% WHITE/ FAT FREE CHOC MILK SERVED WITH ALL MEALS</b>	Breakfast	Fresh Fruit ½ c. Tootie Fruities Cold Cereal ¾ c.	Fresh Fruit ½ c. Waffles 20z 1oz syrup	Fresh Fruit ½ c. Cinnamon Bagel 1 oz.	Fresh Fruit ½ c. Rice Krspies Cold Cereal ¾ c.	Fresh Fruit 1/2c. Raisin Bran Cold Cereal ¾ c.
	Lunch/ Supper	3 Breaded Chicken Strips French fries ¾ cup Mixed Vegetables  4 oz Mixed Fruit Juice Ketchup PC	1 Turkey Corn Dog 4oz ¾ cup Green Peas 4 oz Apple Juice  Mustard OR Ketchup	Roasted chicken ½ cup mac and cheese ¾ cup Kernel Corn  ½ cup Fruits	Salisbury Steak 3 oz 4oz Mashed Potatoes ¾ cup steamed carrots  4 oz Apple Juice	1 slice cheese pizza ¾ cup Tossed Salad 4 oz Grape Juice  Salad Dressing PC
			Corn Flakes 1% White milk	2oz Banana Muffin Orange juice	2.5 oz Corn bread Apple juice	1oz Pretzel twist Fruit punch
Aug 5-9		August 5	August 6	August 7	August 8	August 9
<b>1% WHITE/ FAT FREE CHOC MILK SERVED WITH ALL MEALS</b>	Breakfast	Fresh Fruit ½ c. Tootie Fruities Cold Cereal ¾ c.	Fresh Fruit ½ c. Blueberry Muffin 2oz	Fresh Fruit ½ c. Rice Krispies Cold Cereal ¾ c.	Fresh Fruit ½ c 1oz Cinnamon Bagel	Fresh Fruit 1/2c. Rasin Bran Cold Cereal ¾ c.
	Lunch/ Supper	4 crispy Chicken nuggets 3oz French Fries ¾ cup mixed Vegetables  4oz Grape Juice	Turkey Bolognaise 4oz spaghetti ½ cup corn kernel  ½ cup Fruit Cup Ketchup PC	BBQ Chicken 1 Dinner Roll ¾ Cup Steamed Carrots  4oa Apple Juice	3 ea (1oz) Meatballs w/ Sauce 4 oz Spaghetti ¾ cup Carrots  ½ cup Fruit Cup	1 slices cheese pizza ¾ cup Tossed Salad 4 oz Grape Juice  Salad Dressing PC
		2oz Blueberry muffin Apple juice	Coco Roos Fat Free Chocolate Milk	Granola Bar Orange juice	Graham Cookies 1% White Milk	1oz Bagel Fat free Chocolate Milk

August 12-16		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		August 12	August 13	August 14	August 15	August 16
<b>1% WHITE/ FAT FREE CHOC MILK SERVED WITH ALL MEALS</b>	Breakfast	Fresh Fruit ½ c. Tootie Fruities Cold Cereal ¾ c.	Fresh Fruit ½ c. Blueberry Muffin 2oz	Fresh Fruit ½ c. Cococ Roos Cold Cereal ¾ c.	Fresh Fruit ½ c Bagel 1oz	Fresh Fruit 1/2c. Rice Krispies Cold Cereal ¾ c.
	Lunch/ Supper	Baked ziti 7oz Pasta & beef Marianna ¾ cup Steamed green beans  4 oz Mixed Fruit Juice Mayonnaise PC	Teriyaki Chicken 4oz ½ cup fried rice ¾ cup Corn Kernels  4oz Grape juice	3 ea(1oz) Meatballs w/ Sauce Spaghetti ¾ cup Steamed Carrots  ½ cup Fruit Cup	Chicken fajita 4oz ½ cup White Rice ¾ cup Green Beans  4oz Apple juice	2 slice cheese pizza ¾ cup Tossed Salad 4 oz Grape Juice  Salad Dressing PC
		2oz blueberry muffin Apple juice	Rice Krispies 1% white milk	2oz Corn muffin Orange juice	Vanilla cookies Fat free chocolate milk	Chocolate chip granola bar Grape juice
Aug 19-23		August 19	August 20	August 21	August 22	August 23
<b>1% WHITE/ FAT FREE CHOC MILK SERVED WITH ALL MEALS</b>	Breakfast	Fresh Fruit ½ c. Tootie Fruities Cold Cereal ¾ c.	Fresh Fruit ½ c. Waffles 20z 1oz syrup	Fresh Fruit ½ c. Cinnamon Bagel 1 oz.	Fresh Fruit ½ c. Rice Krispies Cold Cereal ¾ c.	Fresh Fruit 1/2c. Raisin Bran Cold Cereal ¾ c.
	Lunch/ Supper	3 Breaded Chicken Strips French fries ¾ cup Mixed Vegetables  4 oz Mixed Fruit Juice Ketchup PC	1 Turkey Corn Dog 4oz ¾ cup Green Peas 4 oz Apple Juice  Mustard OR Ketchup	Roasted chicken ½ cup mac and cheese ¾ cup Kernel Corn  ½ cup Fruits	Salisbury Steak 3 oz ¾ cup Mashed Potatoes ¾ cup steamed carrots  4 oz Apple Juice	2 slice cheese pizza ¾ cup Tossed Salad 4 oz Grape Juice  Salad Dressing PC
		Rice Pudding	Corn Flakes 1% White milk	2oz Banana Muffin Orange juice	2.5 oz Corn bread Apple juice	1oz Pretzel twist Fruit punch