

2017 Summer Menu Week 1

Breakfast: Minimum Meal Pattern- 8 oz. Fluid Milk, ½ c. Fruit/Juice/Vegetable, and 1 serving Grain/Bread. May add Meat/Meat Alternate					
	Day 1	Day 2	Day 3	Day 4	Day 5
Milk	Shelf Stable Milk (1c)	Choice of Milk (1 c)	Choice of Milk (1 c)	Choice of Milk (1 c)	Choice of Milk (1c)
F/V	Fruit (1/2 c)	Fruit Cup(4oz.)	Fruit Cup(4oz.)	Fruit Cup(4oz.)	Fruit Cup(4oz.)
G/B	Cereal Apple loops (1.0oz)	WG Muffin/loaf (2 oz)	Assorted Cold Toasted Oats Cereal(1.0oz)	Super Bun(2.oz)	Pop tart (1.75oz) strawberry

Lunch: Minimum Meal Pattern- 8 oz. Fluid Milk, ¾ c. Total Serving Fruit/Juice/Vegetable (from 2 items), 1 serving Grain/Bread, and 2 oz. Meat/Meat Alternate					
	Day 1	Day 2	Day 3	Day 4	Day 5
Milk	Choice of Milk (1 c.)	Choice of Milk (1 c.)	Choice of Milk (1 c.)	Choice of Milk (1 c)	Choice of Milk (1 c)
M/MA	WG beef & Bean Burrito (4.3oz)	Hot dog (2.5oz)	Cheeseburger	Chicken tenders (4oz)	Roasted chicken legs (3oz)
1st F/V	Mexican corn (1/2c)	Tater tots (1/2 c.)	Sweet potato fries (1/2c)	Green beans(1/2c)	Black beans beans(1/2c)
2nd F/V	Fresh Fruit (½c)	Fruit (½c)	Fresh Fruit (½c)	Fruit cup(½c)	Fruit cup(½c)
G/B	WG tortilla (1oz)	WG bun(1 oz)	WW Bun(3/4oz)	Corn muffin	rice(2oz)

Snack: Minimum Meal Pattern- Select 2 of 4 Component Groups (8 oz. Fluid Milk, ¾ c. Fruit/Juice/Vegetable, 1 serving Grain/Bread, or 1 oz. Meat/Meat Alternate)					
	Day 1	Day 2	Day 3	Day 4	Day 5
F/V	Shelf Stable Juice (6.75 oz.)	Shelf Stable Juice (6.75 oz.)	Shelf Stable Fruit Juice (6.75 oz.)	Shelf Stable Fruit Juice (6.75 oz.)	Shelf Stable Juice (6.75 oz.)
Grain	Oatmeal cookie (.75 oz.)	Dick & Jane Smart Cookies (0.88oz)	GoldFish Pretzels (0.75oz)	Teddy grams (1oz)	Sun chips (0.9oz)

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2017 Summer Menu Week 2

Breakfast: Minimum Meal Pattern- 8 oz. Fluid Milk, ½ c. Fruit/Juice/Vegetable, and 1 serving Grain/Bread. May add Meat/Meat Alternate					
	Day 6	Day 7	Day 8	Day 9	Day 10
Milk	Shelf Stable Milk (1c)	Choice of Milk (1 c)	Choice of Milk (1 c)	Choice of Milk (1 c)	Choice of Milk (1c)
F/V	Fruit (1/2 c)	Fruit Cup(4oz.)	Fruit Cup(4oz.)	Fruit Cup(4oz.)	Fruit Cup(4oz.)
G/B	Cereal (1.0oz)	WG Muffin/loaf (2 oz)	Assorted Cold Cereal(1.0oz)	Super donut(2.oz)	Poptart (1.0oz)
Lunch: Minimum Meal Pattern- 8 oz. Fluid Milk, ¾ c. Total Serving Fruit/Juice/Vegetable (from 2 items), 1 serving Grain/Bread, and 2 oz. Meat/Meat Alternate					
	Day 6	Day 7	Day 8	Day 9	Day 10
Milk	Choice of Milk (1 c.)	Choice of Milk (1 c.)	Choice of Milk (1 c.)	Choice of Milk (1 c)	Choice of Milk (1 c)
M/MA	Mac & Cheese (6.0oz)	Corn dog nuggets (2.5oz)	Chicken sandwich (3.0oz)	Walking taco(taco meat) (3.8oz)w/cheese	Roasted chicken leg (3oz)
1st F/V	Carrots (1/2c)	Tater tots (1/2 c.)	Green beans (1/2c)	Black bean & corn salsa(1/2c)	peas (1/2c)
2nd F/V	Fresh Fruit (1/2)	F Fruit cup(1/2)	Fresh Fruit (1/2)	Fruit cup(1/2)	<i>Fruit cup(1/2)</i>
G/B	Pasta (1oz)	breading (1 oz)	WW Bun(1oz)	Tortilla chips baked(1oz)	Yellow rice(1/2c)

Snack: Minimum Meal Pattern- Select 2 of 4 Component Groups (8 oz. Fluid Milk, ¾ c. Fruit/Juice/Vegetable, 1 serving Grain/Bread, or 1 oz. Meat/Meat Alternate)					
	Day 6	Day 7	Day 8	Day 9	Day 10
F/V	Shelf Stable Berry Juice (6.75 oz.)	Shelf Stable Apple Juice (6.75 oz.)	Shelf Stable Berry Fruit Juice (6.75 oz.)	Shelf Stable Apple Fruit Juice (6.75 oz.)	Shelf Stable Berry Juice (6.75 oz.)
Grain	Corn chips (.75 oz.)	Goldfish grams (0.88oz)	Goldfish cheddars (0.75oz)	Sports cookies (1oz)	Sun chips (0.9oz)

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