

Summer Lunch & Snack



Menu



Menus are planned following the USDA Summer Food Service Program guidelines. A variety of low fat milk choices are included with each lunch.

June -Aug. 2019

Menu is subject to change without notice.
The menu is a 3-week rotating cycle with the first day of weeks 1-3 identified below.

| | Monday | Tuesday | Wednesday | Thursday |
|--|--|--|---|---|
| <p>Week- 6/17, 7/8, 7/29</p>  | <p>Hamburger on WG bun Baked Chips Vegetable of the Day Fruit choice</p> <p>Snack: Cheesestick and WG crackers Fruit Choice</p> | <p>Cheese Bites Marinara Sauce Vegetable of the Day Fruit Choice</p> <p>Granola bar and milk</p> | <p>Chicken Patty on WG Bun Vegetable of the Day Fruit Choice</p> <p>Yogurt and fruit choice, milk</p> | <p>Pasta served w/Meatballs and Sauce WG Breadstick Vegetable of the Day Fruit choice</p> <p>Thin Crisps 100% Juice cup</p> |
| <p>Week- 6/24, 7/15, 8/5</p> | <p>Cheese Pizza Vegetable of the Day Fruit Choice</p> <p>Snack: Fruit choice, Milk</p> | <p>Chicken Tenders Wheat Roll Vegetable of the Day Fruit Choice</p> <p>Cheesestick and goldfish crackers, 100% Juice cup</p> | <p>Turkey and Cheese Sub Vegetable of the Day Fruit choice</p> <p>Granola bar and milk</p> | <p>WG Corndog Vegetable of the Day Fruit Choice</p> <p>Graham crackers, 100% Juice cup</p> |
| <p>Week- 7/1, 7/22, 8/12</p>  | <p>Beef Hotdog Oven Baked Beans Vegetable of the Day Fruit Choice</p> <p>Snack: Pretzels, cheesestick and juice</p> | <p>Quesadilla Assorted Veggie Toppings Salsa Cup Tortilla Chips Fruit choice</p> <p>Cereal and milk</p> | <p>French Toast Sticks Cheese Omelet Breakfast Potato Fruit Choice</p> <p>Banana w/PB*, Raisins, milk</p> | <p>Garlic Cheesebread Marinara Sauce Vegetable of the Day Fruit Choice</p> <p>Fruit choice and milk</p> |

Vegetable of the day may include: Fresh or Steamed Broccoli, Fresh or Steamed Carrots, Fresh or Steamed Cauliflower, Celery, Cherry Tomatoes, Cucumbers, Fresh or Steamed Corn, Steamed Green Beans, Jicama, Steamed Peas, Potatoes, Salsa, Sliced Tomatoes, and Sweet Potatoes.

Fruit may include: Apples, Applesauce, Bananas, Grapes, Oranges, Peaches, Pears, Pineapple, and Strawberries.

*Early Ventures will offer no peanut containing products at their site this summer.

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| | Monday | Tuesday | Wednesday | Thursday |
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| <p>Week- 6/17, 7/8, 7/29</p>  | <p>1 Hamburger (2 MA) on WG bun(1.5 GE) 1 bag Baked Chips Vegetable of the Day and Fruit choice (both must total 3/4 cup)</p> <p>Snack: 1 Cheese stick and 1 pkg WG crackers Fruit Choice (3/4 cup)</p> | <p>4 each Cheese Bites (Wild Mikes 2,2) Marinara sauce (2 oz) Vegetable of the Day and Fruit choice (both must total 3/4 cup)</p> <p>1 Granola bar (1 GE) and milk (1 cup)</p> | <p>1 Chicken Patty (2 MA/1GE) on WG Bun (1.5 GE) Vegetable of the Day and Fruit choice (both must total 3/4 cup)</p> <p>1 Yogurt and fruit choice (3/4 cup), milk (1 cup)</p> | <p>Pasta w/Meatballs (2M/MA)- recipe 1/2 cup pasta with 4 meatballs 1 WG Breadstick Vegetable of the Day and Fruit choice (both must total 3/4 cup)</p> <p>1 pkg Thin Crisps (1 GE) 100% Juice cup (3/4 cup)</p> |
| <p>Week- 6/24, 7/15, 8/5</p> | <p>1 slice Cheese Pizza 8 cut (2MA/2GE) Vegetable of the Day and Fruit choice (both must total 3/4 cup)</p> <p>Snack: Fruit choice, Milk (1 cup)</p> | <p>3 each Chicken Tenders (2M/1 GE) Wheat Roll (1 GE) Vegetable of the Day and Fruit choice (both must total 3/4 cup)</p> <p>1 Cheese stick and 1 pkg goldfish crackers, juice cup (3/4 cup)</p> | <p>1 Turkey and Cheese Sub (recipe) Vegetable of the Day and Fruit choice (both must total 3/4 cup)</p> <p>1 Granola bar (1GE) and milk (1 cup)</p> | <p>1 WG Corndog (2MA/2GE) Vegetable of the Day and Fruit choice (both must total 3/4 cup)</p> <p>Graham crackers, 100% Juice cup (3/4 cup)</p> |
| <p>Week- 7/1, 7/22, 8/12</p>  | <p>1 Beef Hotdog (2 M/1.5 GE) Oven Baked Beans Vegetable of the Day and Fruit choice (both must total 3/4 cup)</p> <p>Snack: 1 pkg Pretzels, 1 Cheese stick and juice cup (3/4 cup)</p> | <p>1Quesadilla (2MA/2GE) Assorted Veggie Toppings Salsa Cup (2 oz cup) Tortilla Chips Fruit choice (3/4 cup)</p> <p>Cereal and milk (1 cup)</p> | <p>3 each French Toast Sticks (1.75GE) 1 Cheese Omelet (2 M) 1 Breakfast Potato and Fruit choice (both must total 3/4 cup)</p> <p>Banana w/PB*, Raisins, milk (1 cup)</p> | <p>1 slice Cheese Bread (2MA/2GE) Marinara Sauce (2 oz) Vegetable of the Day and Fruit choice (both must total 3/4 cup)</p> <p>Fruit choice (3/4 cup) and milk (1 cup)</p> |

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