

SUMMER MENU 1

Meal Pattern		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	milk	milk	milk	milk	milk	milk
	juice/fruit/veg	oranges	pineapple	peaches	blueberries	applesauce
	bread/bread alt.	Kix cereal (Whole Grain Corn)	Rice Chex (Whole Grain Rice)	Cheerios (Whole Grain Oats)	Corn Chex (Whole Grain Corn)	Rice Krispies
AM Snack	milk	water	milk	water	milk	milk
	juice/fruit/veg OR meat/meat alt. OR bread / bread alt.	cheese & saltines	mini bagel	frozen yogurt & strawberries	hard-boiled egg	Whole Grain Wheat toast & margarine
Lunch	milk	milk	milk	milk	milk	milk
	meat/meat alt.	meatballs	hard-boiled egg	Mozzarella-stuffed Breadsticks	cheese cubes	taco meat
	vegetable	green beans	hash browns	peas	mixed vegetables	corn
	veg or fruit	peaches	cantaloupe	bananas	apple slices	mixed berries
	bread/bread alt. extras	spaghetti spaghetti sauce	french toast sticks syrup, ketchup	breadstick spaghetti sauce	bread peanut butter sandwich	6" flour tortilla shredded cheese & shredded lettuce
PM Snack	milk	milk	milk	milk	milk	milk
	juice/fruit/veg OR meat/meat alt. OR bread / bread alt.	watermelon	buttered noodles	carrots & dressing or applesauce (I/YT)	trail mix	mandarin oranges
Evening PM Snack	milk	milk	milk	milk	milk	milk
	juice/fruit/veg OR meat/meat alt. OR bread / bread alt.	bread & margarine	mandarin oranges	pretzels	watermelon	carrots

Milk served to students 12-24 months is whole, unflavored milk.

Milk served to students 25 months+ is 1% fat, unflavored milk.

Notes:

Kix cereal, Rice Chex, Rice Krispies, and Corn Chex are puffed cereals. The serving sizes for puffed cereals are 3/4c for ages 1-5, 1.25c for 6+.

Saltines are a Group A grain. The minimum serving size is 16g. Saltines are approximately 3.2g each. The serving sizes for saltines are 4 saltines for ages 1-5, 7 saltines for ages 6+.

French toast is a Group E grain. The minimum serving size is 63 grams. Our french toast is 24.7g per slice. The serving sizes for our french toast are 1.5 french toast sticks for ages 1-5, 3 french toast sticks for ages 6+.

80/20 Ground Beef per food buying guide is 0.7375oz yield of lean beef per 1oz; serve 1.4oz to meet 1oz meal pattern; serve 2.1oz to meet 1.5oz meal pattern; serve 2.8oz to meet 2 oz meal pattern

Pretzels: 15 pretzels = 28g; 1 pretzel = 1.86g; 11 pretzels = 20.46g; 20g = minimum serving size for Group A grains; 1/2 serving = 5.5 (rounded up to 6 pretzles)