

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 | 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 | kiwi fruit | cantaloupe | bananas | apple slices | mixed berries |
| | bread/bread alt. | spaghetti | pancakes | breadstick | bread | 6" flour tortilla |
| | extras spaghetti sauce | syrop, ketchup | spaghetti sauce | peanut butter sandwich | 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) | pasta salad | 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 pretzels)