

Summer Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Fruits/Vegetables	Strawberries	Mixed Fruit	Banana Slices	Apple Slices	Pineapple
Grains/Breads	Cheerios	Whole Grain Toast	Total	Oatmeal	Wheaties
Lunch					
Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Fruits/Vegetables	Summer Sizzler	Swamp Soup	Luigi's Lasagna	Leafy Greens	Sloppy Sammies
Fruits/Vegetables	Baked Potato Wedges	Pears	Nectarines	Grapes	Cantaloupe
Grains/Breads	Whole Grain Roll	Whole Grain Bread Stick	Luigi's Lasagna	Whole Grain Hot Dog Roll	Sloppy Sammies
Meats/Meat Alternates	Summer Sizzler	Swamp Soup	Luigi's Lasagna	Sailboats	Sloppy Sammies
Snack					
Milk	*	*	*	*	*
Fruits/ Vegetables	Applesauce	Cantaloupe	Watermelon	Carrots	Banana Slices
Grains/Breads	Whole Grain Crackers	Mini Rice Cakes	*	*	Whole Grain Mini-Bagels
Meats/Meat Alternates	*	*	Cheese Slices	Sandy Snack	*
Beverages	Water	Water	Water	Water	Water
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Fruits/Vegetables	Kiwi	Cantaloupe	Orange Wedges	Banana Slices	Applesauce
Grains/Breads	Kix	Shredded Mini Wheat	Whole Grain Mini-Bagel	Mega Muffins	Whole Grain Pancakes
Lunch					
Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Fruits/Vegetables	Orangutan Salad	Cucumbers	Kiwi	Sunshine Roll-Ups	Honeydew Melon
Fruits/Vegetables	Grapes	Apple Slices	Pete's Pizza	Mixed Fruit (canned)	Corn
Grains/Breads	Turkey and Cheese Sandwich	Brown Rice	Pete's Pizza	Sunshine Roll-Ups	Whole Grain Roll
Meats/Meat Alternates	Turkey and Cheese Sandwich	Gone Fishin'	Pete's Pizza	Sunshine Roll-Ups	Baked Skinless Chicken Breast
Snacks					
Milk	*	*	*	*	*
Fruits/ Vegetables	Blueberries	Pineapples	Strawberries	Peaches	*
Grains/Breads	*	Graham Crackers	*	*	Corn Chips
Meats/Meat Alternates	Hard Boiled Eggs	*	String Cheese	Yogurt	Molten Lava
Beverages	Water	Water	Water	Water	Water

June 1st Staff Training, June 14th Flag Day & Dessert with Dad, June 19th Splash Day
 July 4th School Closed, July 17th Splash Day

Summer Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Fruits/Vegetables	Blueberries	Banana-Rama Breakfast	Orange Slices	Strawberries	Pears
Grains/Breads	Wheat Clex	Banana-Rama Breakfast	Alpha Bits (No Sugar)	Whole Grain Mini-Bagels	Whole Grain Waffle
Lunch					
Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Fruits/Vegetables	Zucchini	Sweet Summer Salad	Peas	Veffin' Out Stew	Hip-Hop Pita Pocket
Fruits/Vegetables	Summer Squash	Kiwi	Watermelon	Mixed Fruit	Apple Slices
Grains/Breads	Brown Rice	Whole Grain Bread	"Use Your Noodle" Bake	Grilled Cheese on Whole Grain Bread	Hip-Hop Pita Pocket
Meats/Meat Alternates	Catch of the Day	Limeade Chicken	"Use Your Noodle" Bake	Cheese	Hip-Hop Pita Pocket
Snack					
Milk	*	*	*	*	*
Fruits/ Vegetables	Honeydew Melon	Cucumber	Fruit-astic Salsa	Cantaloupe	Smoothilious
Grains/Breads	Rice Cakes	*	Pita Wedges	Whole Grain Crackers	Graham Crackers
Meats/Meat Alternates	*	String Cheese	*	*	*
Beverages	Water	Water	Water	Water	Water
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Fruits/Vegetables	Pineapples	Grapes and Strawberries	Watermelon	Peaches	Cantaloupe
Grains/Breads	Whole Grain Toast	Multi-Grain Cheerios	Whole Grain Waffles	Oatmeal	Kix
Lunch					
Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Fruits/Vegetables	Jolly Green Giant Salad	Veggie Sketti	Shipwreck Pie	Way Cool Pasta Salad	Pears
Fruits/Vegetables	Cucumbers	Strawberries	Peaches	Cantaloupe	Baked Potato Wedges
Grains/Breads	Jimmy Crack Cornbread	Veggie Sketti	Shipwreck Pie	Way Cool Pasta Salad	Tuna Sammies
Meats/Meat Alternates	Jolly Green Giant Salad	Baked Turkey Breast	Shipwreck Pie	Baked Skinless Chicken Breast	Tuna Sammies
Snacks					
Milk	*	*		*	*
Fruits/Vegetables	Blueberries	Nectarine Slices	Banana Slices	Sunshine Smoothies	Mixed Fruit
Grains/Breads	*	Rice Cakes	Whole Grain Crackers	Animal Crackers	*
Meats/Meat Alternates	Cottage Cheese	*	*	*	Yogurt
Beverages	Water	Water	Water	Water	Water