

# Sample Menus for the Summer Food Service Program

## Lunch/Dinner

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|
| <b>Chicken Wrap with Lettuce &amp; Cheese</b><br>(1 ½ oz chicken, ½ oz cheese, and 8" tortilla)<br><b>Carrot Sticks</b> – ¼ cup with Dip<br><b>Pineapple Chunks</b> – ½ cup<br><b>Milk</b> – 8 fl oz | <b>Ham on Bun</b> (2 oz ham and lettuce leaf)<br><b>Potato Wedges</b> – ½ cup<br><b>Fresh Strawberries</b> – ¼ cup<br><b>Milk</b> – 8 fl oz  | <b>Turkey Sandwich</b><br>(2 oz turkey and 2 slices of whole-wheat bread)<br><b>Cherry Tomatoes</b> – ¼ cup<br><b>Apple Slices</b> – ½ cup<br><b>Milk</b> – 8 fl oz                        | <b>Chicken Salad</b> – 2 oz chicken<br><b>Wheat Roll</b> – 25 grams or .9 oz<br><b>Celery Sticks</b> – ¼ cup with Dip<br><b>Cantaloupe Wedges</b> – ½ cup<br><b>Milk</b> – 8 fl oz | <b>PB&amp;J Sandwich</b> (2 tbsp PB and 2 slices of bread)<br><b>Cheese Stick</b> - 1 oz<br><b>Red Bell Pepper Strips</b> – ¼ cup<br><b>Banana Slices</b> - ½ cup<br><b>Milk</b> - 8 fl oz |
| <b>Turkey Hot Dog</b> – 2 oz on Whole-Wheat Bun<br><b>Sweet Potato Fries</b> – ½ cup<br><b>Grapes</b> – ¼ cup<br><b>Milk</b> – 8 fl oz   | <b>Toasted Cheese Sandwich</b><br>(1 oz cheese and 2 slices of bread)<br><b>Celery Sticks</b> – ¼ cup with Peanut Butter – 2 tbsp<br><b>Banana Slices</b> – ½ cup<br><b>Milk</b> – 8 fl oz | <b>Ham Wrap with Lettuce &amp; Cheese</b><br>(1 ½ oz ham, ½ oz cheese, and 8" tortilla)<br><b>Baby Carrots</b> - ¼ cup with Dip<br><b>Honeydew Chunks</b> – ½ cup<br><b>Milk</b> – 8 fl oz | <b>Beef and Cheese Burrito</b><br>(1.5 oz beef, ½ oz cheese, 10" tortilla )<br><b>Mexicali Corn</b> – ¼ cup<br><b>Orange Wedges</b> – ½ cup<br><b>Milk</b> – 8 fl oz               | <b>BBQ Pork</b> (2 oz pork) on Bun<br><b>Green Beans</b> – ¼ cup<br><b>Apple Sauce</b> – ½ cup<br><b>Milk</b> – 8 fl oz  |
| <b>Chicken Nuggets</b> - 2 oz<br><b>Biscuit</b> – 25 grams or .9 oz<br><b>Steamed Broccoli</b> – ¼ cup<br><b>Mandarin Oranges</b> – ½ cup<br><b>Milk</b> – 8 fl oz                                   | <b>Fish Patty (2oz) on Bun</b><br><b>Green Pepper Strips</b> – ¼ cup<br><b>Mixed Fruit Salad</b> – ½ cup<br><b>Milk</b> – 8 fl oz  | <b>Beef Hot Dog (2oz) on Bun</b><br><b>Baked Beans</b> - ½ cup<br><b>Kiwi</b> – ¼ cup<br><b>Milk</b> – 8 fl oz   | <b>Spaghetti and Meat Sauce</b><br>( ½ cup spaghetti, 2 oz meat )<br><b>Tossed Salad</b> - ½ cup<br><b>Peaches</b> – ¼ cup<br><b>Milk</b> – 8 fl oz                                | <b>Hamburger (2oz) on Bun</b><br><b>Tater Tots</b> - ½ cup<br><b>Fresh Orange Slices</b> - ¼ cup<br><b>Milk</b> - 8 fl oz  |

Please note that a 2 ounce serving of meat, poultry, or fish consists of the edible portion of cooked lean meat without bone or breading. Ham, turkey ham, and turkey deli meats are water-added products and do not yield ounce for ounce as a meat. Always read the product packaging and take note of any information regarding added water as it relates to the amount of cooked lean meat the product provides.

*This institution is an equal opportunity provider.*