



Summer Food Program Menus

Subject to Change based on product availability

	20-Jul	21-Jul	22-Jul	23-Jul	24-Jul
Breakfast (for lunch) Penn only	French Toast (2) Assorted Fresh Fruit (1/2c) Assorted Canned Fruit (3/8c) Skim Choc. Milk (8oz)	Mini Maple Pancakes /Omelet Assorted Juice Box 4oz. Assorted Canned Fruit (3/8c) Skim Choc. Milk (8oz)	Ham & Cheese Croissant (1) Assorted Fresh Fruit (1/2c) Assorted Canned Fruit (3/8c) Skim Choc. Milk (8oz)	Pancake on a Stick (2) Assorted Juice Box 4oz. Assorted Canned Fruit (3/8c) Skim Choc. Milk (8oz)	Sunrise Calzone (1) Assorted Fresh Fruit (1/2c) Assorted Canned Fruit (3/8c) Skim Choc. Milk (8oz)
Midday (Lunch) All sites except Penn	Chicken Patty Sandwich Assorted Fresh Veggies & Dip Assorted Canned Fruit (3/8c) Skim Choc. Milk (8oz)	Mini Corn Dogs (5) Assorted Fresh Fruit (1/2c) Assorted Juice Box 4oz. Skim Choc. Milk (8oz)	Ravioli with Sauce Garlic Toast Assorted Fresh Veggies & Dip Raisins 1/4c Skim Choc. Milk (8oz)	Cheese Pizza Strawberries (3/8c) Assorted Canned Fruit (3/8c) Skim Choc. Milk (8oz)	Meatball Sub on Hot dog bun Assorted Fresh Veggies & Dip Assorted Juice Box 4oz. Skim Choc. Milk (8oz)
Supper Penn only	Quesadillas Assorted Fresh Fruit (1/2c) Assorted Canned Fruit (3/8c) Skim Choc. Milk (8oz)	Fish Nuggets (4) Assorted Fresh Veggies & Dip Assorted Juice Box 4oz. Skim Choc. Milk (8oz)	Cheeseburger on a Bun Blueberries (3/8c) Assorted Fresh Fruit (1/2c) Skim Choc. Milk (8oz)	Popcorn Chicken w/ Buffalo Ranch & Corn Bread Assorted Fresh Veggies & Dip Assorted Canned Fruit (3/8c) Skim Choc. Milk (8oz)	Mozzarella Sticks w/ Sauce Assorted Fresh Veggies & Dip Assorted Juice Box 4oz. Skim Choc. Milk (8oz)
Breakfast Prairie Vista GMS	Appleway Bar (1) Assorted Canned Fruit (1/2c) Skim Choc. Milk (8oz)	Bread Berry (1) Assorted Juice Box 4oz. Skim Choc. Milk (8oz)	Mini Cinnamon Cream Cheese Bagels Assorted Fresh Fruit (1/2c) Skim Choc. Milk (8oz)	Muffin Blueberry (1) Assorted Canned Fruit (1/2c) Skim Choc. Milk (8oz)	Bar Cereal Cocoa Krispy (1) Assorted Juice Box 4oz. Skim Choc. Milk (8oz)
Cold Sack Penn	Ham & Cheese Sandwich Assorted Fresh Fruit (1/2c) Assorted Canned Fruit (3/8c) Skim Choc. Milk (8oz)	Tortilla Chips 2 oz Cheese Sauce (1) Assorted Fresh Veggies & Dip Assorted Juice Box 4oz. Skim Choc. Milk (8oz)	Yogurt 4 oz Cheese Stick 1 oz Raisins Bulk 1/4c Assorted Canned Fruit (3/8c) Assorted Fresh Fruit (3/8c) Skim Choc. Milk (8oz)	California Club Wrap on 8" Tortilla Lettuce/Tomato Cup 1/2 c Assorted Canned Fruit (3/8c) Skim Choc. Milk (8oz)	Peanut Butter & Jelly Sand. Cheese Stick 1oz Assorted Fresh Veggies & Dip Assorted Juice Box 4oz. Skim Choc. Milk (8oz)
Snack Merrifield Battell	Bar Cereal Rice Krispie (1) Skim Choc. Milk (8oz)	Banana Muffin (1) Capri Sun (1)	Yogurt 4 oz cup 100% Fruit Juice 6 oz	Scooby Snacks 1 bag Skim Choc. Milk (8oz)	Scooby Snacks 1 bag 100% Fruit Juice 6 oz

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