



Summer Food Program Menus

Subject to Change based on product availability

	13-Jul	14-Jul	15-Jul	16-Jul	17-Jul
Breakfast (for lunch) Penn only	Egg Cheese Eng. Muffin Assorted Fresh Fruit (1/2c) Assorted Canned Fruit (3/8c) Skim Choc. Milk (8oz)	Mini French Toast Turkey Sausage (2) Assorted Juice Box 4oz. Assorted Canned Fruit (3/8c) Skim Choc. Milk (8oz)	Breakfast Pizza (2) Assorted Fresh Fruit (1/2c) Assorted Canned Fruit (3/8c) Skim Choc. Milk (8oz)	Sunrise Calzone (1) Assorted Juice Box 4oz. Assorted Canned Fruit (3/8c) Skim Choc. Milk (8oz)	Chicken & Cheese Biscuit Assorted Fresh Fruit (1/2c) Assorted Canned Fruit (3/8c) Skim Choc. Milk (8oz)
Midday (Lunch) All sites except Penn	Crispy Pork Sandwich Assorted Fresh Veggies & Dip Assorted Canned Fruit (3/8c) Skim Choc. Milk (8oz)	Cheese Pizza Lettuce/Tomato Cup 1/2 c Assorted Juice Box 4oz. Skim Choc. Milk (8oz)	Asian Chicken 3 oz Rice 1/2c Assorted Canned Fruit (3/8c) Assorted Fresh Fruit (1/2c) Skim Choc. Milk (8oz)	Grilled Cheese Sandwich Strawberries (3/8c) Assorted Canned Fruit (3/8c) Skim Choc. Milk (8oz)	Chicken Nuggets (5) Dinner Roll w/ Margarine (1) Assorted Fresh Veggies & Dip Assorted Juice Box 4oz. Skim Choc. Milk (8oz)
Supper Penn only	Maxx Sticks w/ Sauce Assorted Fresh Fruit (1/2c) Assorted Canned Fruit (3/8c) Skim Choc. Milk (8oz)	BBQ Pork Sandwich Assorted Fresh Veggies & Dip Assorted Juice Box 4oz. Skim Choc. Milk (8oz)	Chicken Patty Sandwich Blueberries (3/8c) Assorted Fresh Fruit (1/2c) Skim Choc. Milk (8oz)	Turkey & Noodles 1 cup Corn Bread (1) Sweet Potato Fries 1/2c Assorted Canned Fruit (3/8c) Skim Choc. Milk (8oz)	Hamburger on a Bun Assorted Fresh Veggies & Dip Assorted Juice Box 4oz. Skim Choc. Milk (8oz)
Breakfast Prairie Vista GMS	Coco Cherry Bar (1) Assorted Canned Fruit (1/2c) Skim Choc. Milk (8oz)	Oat & Honey Granola Bar (1) Assorted Juice Box 4oz. Skim Choc. Milk (8oz)	Bagel w/ Cream Cheese Assorted Fresh Fruit (1/2c) Skim Choc. Milk (8oz)	Banana Muffin (1) Assorted Canned Fruit (1/2c) Skim Choc. Milk (8oz)	Oatmeal Breakfast Bar (1) Assorted Juice Box 4oz. Skim Choc. Milk (8oz)
Cold Sack Prairie Vista GMS	Ham & Cheese Wrap 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)	Fruity Chicken Salad Sand. Assorted Fresh Fruit (3/8c) 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	Pretzels 1 bag Capri Sun (1)	Graham Crackers (3) Skim Choc. Milk (8oz)	Appleway Bar (1) Skim Choc. Milk (8oz)	Cocoa Krispie Bar (1) 100% Fruit Juice 6 oz	Strawberry Chex Mix 1 bag Skim Choc. Milk (8oz)

"USDA is an equal opportunity provider."