

Sample Menu for the Summer Food Service Program – Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Blueberry Muffin (2 ounces) Fresh Melon Chunks – ½ cup Milk – 8 fl oz	Bagel (2 ounces) with Light Cream Cheese Grapes – ½ cup Milk – 8 fl oz	Iron-Fortified Cereal (1 ounce or ¾ cup) Banana Slices – ½ cup Milk – 8 fl oz	Granola Bar (2.2 ounces) Fresh Strawberries – ½ cup Milk – 8 fl oz	Egg and Cheese (1oz each) on Toasted English Muffin (whole) Apple Slices – ½ cup Milk – 8 fl oz
Whole-Grain Pancakes (2.2 ounces or 63 grams) with Light Syrup Fresh Blueberries – ½ cup Milk – 8 fl oz	Egg & Cheese Breakfast Wrap (egg-1 oz, cheese-1 oz, and 8" tortilla) Apple Slices – ½ cup Milk – 8 fl oz	Turkey Sausage Patty (1oz) on a Biscuit (2 ounces) Grapes – ½ cup Milk – 8 fl oz	Raisin Bran Cereal (1 ounce or ¾ cup) Banana Slices – ½ cup Milk - 8 fl oz	Whole-Grain French Toast Sticks (2.2 ounces or 63 grams) with Light Syrup Orange Slices – ½ cup Milk - 8 fl oz

Sample Menu for the Summer Food Service Program - Snack

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese (1 ounce) and Crackers Juice – 6 fl oz	Apple Slices (¾ cup) with Peanut Butter – 2 tablespoons	Granola Bar (2.2 ounces) Tangerine Slices – ¾ cup	Low-Fat/Fat-Free Yogurt (4 ounces or ½ cup) Kiwi – ¾ cup	Whole-Grain Crackers (.7oz) Cheese Stick (1 ounce) Juice – 6 fl oz
Raspberry Muffin (2 ounces) Orange Slices – ¾ cup	Trail Mix (mix of dry cereals - 1 ounce) Juice – 6 fl oz	Carrot, Broccoli, and Celery Sticks (¾ cup total) Hummus – ½ cup	Whole-Grain Soft Pretzel (2 ounces) Juice – 6 fl oz	Fresh Pear Slices – ¾ cup Low-Fat/Fat-Free Yogurt (4 ounces or ½ cup)