

# Sample Menus for the Summer Food Service Program

## Breakfast

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

## Snack

*This institution is an equal opportunity provider*

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