

JUNE -2008

School - Breakfast Menu-

Note- Menu is subject to availability. Substitution may be necessary occasionally.

A Variety of Milk-(1% lowfat, 2% lowfat and fat free) is served

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>6/2 -WK 2</u> <u>1- c Honey Nut</u> <u>Cheerios</u> <u>2- Apple Turnovers</u> <u>8oz - Milk</u> <u>4 oz Juice-Grape</u>	<u>6/3</u> <u>1- Biscuit w/</u> <u>1.5 oz- Egg</u> <u>1 sl- Cheese</u> <u>1-pc Jelly</u> <u>8oz - Milk</u> <u>4oz - Juice-Orange</u>	<u>6/4</u> <u>1 Breakfast Hot Pocket</u> <u>8oz - Milk</u> <u>½ c - Fruit (P/A chunks)</u>	<u>6/5</u> <u>3- French Toast Sticks</u> <u>1.5 oz - Syrup</u> <u>8oz - Milk</u> <u>4oz -Juice-Org-Pineapple</u>	<u>6/6</u> <u>1/5 oz Assorted Muffin</u> <u>1 oz Turkey Sausage Link</u> <u>8oz - Milk</u> <u>½ c - Fruit (Mix Fruit)</u>
<u>6/9 -Wk 3</u> <u>2 c- Cereal- Total</u> <u>8 oz - Milk</u> <u>½ c Fruit Cocktail</u>	<u>6/10</u> <u>2 - Pancakes</u> <u>1 oz Turkey Sausage Link</u> <u>1.5 oz - Syrup</u> <u>4 oz - Juice- Apple</u> <u>8 oz - Milk</u>	<u>6/11</u> <u>3- French Toast Sticks</u> <u>1.5 oz - Syrup</u> <u>8 oz - Milk</u> <u>½ c -Peach Slices</u>	<u>6/12</u> <u>1 - English Muffin w/</u> <u>1.5- oz Egg</u> <u>1 - sl Cheese</u> <u>8 oz - Milk</u> <u>4 oz - Juice -Grape</u>	<u>6/13</u> <u>2 Oz. -Blueberry Bread</u> <u>1- c Cereal- Cheerios</u> <u>8 oz - Milk</u> <u>4 oz - Juice-Orange</u>
<u>6/16 - WK 4</u> <u>1 c- Cereal- Corn Flakes</u> <u>1 Cinnamon Roll</u> <u>8 oz - Milk</u> <u>½ Banana OR</u> <u>½ c Fruit</u>	<u>6/17</u> <u>1 - English Muffin w/</u> <u>1.5- oz Egg</u> <u>1- sl Cheese</u> <u>8 oz - Milk</u> <u>4 oz - Juice-Orange</u>	<u>6/18</u> <u>3- French Toast Sticks</u> <u>1.5 oz - Syrup</u> <u>8 oz - Milk</u> <u>½ c - P/A Chunks</u>	<u>6/19</u> <u>2 - Waffle</u> <u>1 oz-Turkey Sausage Link</u> <u>1.5 oz - Syrup</u> <u>8 oz - Milk</u> <u>4 oz -Juice-Orange-</u> <u>Pineapple</u>	<u>6/20</u> <u>½ P.B. Jelly OR Jelly</u> <u>Sandwich on WW Bread</u> <u>1 c Cheerios or Honey</u> <u>Nut Cheerios</u> <u>8 oz - Milk</u> <u>4 oz - Juice-Apple</u>
<u>6/23 -WK-5</u> <u>1- c Cereal- Cheerios or</u> <u>Honey Nut Cheerios</u> <u>2- Apple Turnovers</u> <u>8 oz - Milk</u> <u>4 oz Juice-Grape</u>	<u>6/24</u> <u>1- Biscuit w/</u> <u>1.5 oz- Egg</u> <u>½ sl- Cheese</u> <u>8 oz - Milk</u> <u>4 oz - Juice- Orange</u>	<u>6/25</u> <u>1 Breakfast Hot Pocket</u> <u>8oz - Milk</u> <u>½ c - Fruit (Mix Fruit)</u>	<u>6/26</u> <u>1 English Muffin w/</u> <u>1 oz Turkey Ham</u> <u>1 sl Cheese</u> <u>8 oz Milk</u> <u>½ c P/A Chunks</u>	<u>6/27</u> <u>2 oz.- Blueberry Bread</u> <u>1- Cereal- Corn Flakes</u> <u>8oz - Milk</u> <u>4oz - Juice- Apple</u>
<u>6/30 -WK-6</u> <u>1 c- Cereal- Total</u> <u>2 pc Graham Crackers</u> <u>8 oz - Milk</u> <u>½ c Fruit Banana or</u> <u>Peach</u>				

SERVING PORTION SIZES:- By Age Groups

Ages 1-2/- 2 servings of {Either Or- Grain/Bread ½ serving . Meat or Meat alt. ½ oz}, Juice/Fruit/Vegetable 1/4 cup, Milk ½ c.

Preschool / -2 servings of {Either Or- Grain/Bread ½ serving . Meat or Meat alt. ½ oz}, Juice/Fruit/Vegetable ½ cup, Milk ¾ c..

K-12/ -2 servings of {Either Or- Grain/Bread 1 serving . Meat or Meat alt. 1 oz}, Juice/Fruit/Vegetable ½ cup, Milk 1 c.

JUNE -2008

School ~ Lunch Menu-

Note- Menu is subject to availability. Substitution may be necessary occasionally.

A Variety of Milk-(1% lowfat, 1% choc, 2% lowfat and fat free) is served

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>6/2 -WK-2</u> <u>3 oz Hamburger Patty</u> <u>1sl-Cheese.</u> <u>1 - H Roll/ 1 pc Ket</u> <u>1/3 C - Corn</u> <u>1 - Fruit -Apple</u> <u>8oz - Milk</u>	<u>6/3</u> <u>1 -cup- Turkey Mac</u> <u>½ oz, Shredded Cheese</u> <u>½ c Carrots & Broccoli</u> <u>1- Roll</u> <u>1/3 C Ice Cream</u> <u>8oz - Milk</u>	<u>6/4</u> <u>½ c Fajita Chicken w/</u> <u>Corn/Onion/ G Pepper</u> <u>½c- Salad/ 1oz LF Dress</u> <u>1 - Tortilla.</u> <u>2 T Shrd Cheese</u> <u>1 - Banana / 8oz - Milk</u>	<u>6/5</u> <u>2/3 c Spaghetti Noodles</u> <u>w/</u> <u>½ c - Turkey Sauce</u> <u>½ c Green Beans</u> <u>2 Cookies</u> <u>8oz - Milk</u>	<u>6/6</u> <u>3 Fish Sticks</u> <u>1 pc Ketchup</u> <u>½ c Spinach</u> <u>1 Roll</u> <u>1/4 c Peach Slices</u> <u>8oz - Milk</u>
<u>6/9 -WK-3</u> <u>3-ozChicknPattyon Roll</u> <u>1 - pc Ketchup</u> <u>1/3 C Potato Wedges</u> <u>1 Fresh Fruit -Apple</u> <u>8oz - Milk</u>	<u>6/10</u> <u>2oz.-Turkey/ 1sl - Cheese</u> <u>WW Sandwich</u> <u>1- pc ea- Mayo/Mustard</u> <u>½ c Salad w/ LF Dreasing</u> <u>1 - Orange. 8oz - Milk</u>	<u>6/11</u> <u>1 c Chicken Fried Rice</u> <u>1/3 C -Stirfry Veg</u> <u>1 - Fresh Fruit-Melon</u> <u>8oz - Milk</u>	<u>6/12</u> <u>1 c Macaroni & /Cheese</u> <u>w/ Turkey Ham</u> <u>1/3 c Carrots</u> <u>1- Fresh Fruit - Apple</u> <u>8oz - Milk</u>	<u>6/13</u> <u>3 ozTrkMeat Loaf Gravy</u> <u>2/3 c Rice Pilaf</u> <u>½ c Green Cabbage</u> <u>1/3 c Fruit Salad .</u> <u>8oz - Milk</u>
<u>6/16 -WK-4</u> <u>2 ozTurkey Frank/Roll</u> <u>1/3 C-Tatertot Potato</u> <u>2 pc Ket/ 1pc Mustard</u> <u>1 - Fresh Fruit -Orange</u> <u>8oz - Milk</u>	<u>6/17</u> <u>½ c TacoFill w/Turkey/</u> <u>Pinto /Oni/ G.Pep/Cheese</u> <u>2 - WhlGrain Corn Tacos</u> <u>½ C Spanish Rice</u> <u>1 --Banana. 8oz - Milk</u>	<u>6/18</u> <u>2 ½ oz- Meatballs w/ Gravy</u> <u>½ c - Green Peas</u> <u>2/3 c Rice .</u> <u>1-Fruit -Apple</u> <u>8oz - Milk</u>	<u>6/19</u> <u>5 pc Chicken Nuggets</u> <u>1 pc Ketchup</u> <u>1/2 c Green Beans</u> <u>1 Roll</u> <u>1/3 C - Fruit Salad</u> <u>8oz - Milk</u>	<u>6/20</u> <u>4 oz Chicken w/ Garvy</u> <u>½ C Rice Pilaf</u> <u>½ c Cabbage</u> <u>1 Fruit -Melon</u> <u>8oz - Milk</u>
<u>6/23 -WK-5</u> <u>3 - oz Hamburger</u> <u>1 sl Cheese</u> <u>1-ea Hamburger Roll</u> <u>2 Ket pc</u> <u>1/3 C Potato Wedges</u> <u>½ c Pear / 8oz - Milk</u>	<u>6/24</u> <u>2/3 c-Spaghetti Noodles w/</u> <u>½ c Turkey Sauce</u> <u>½ cup MixVeg- Units</u> <u>½c- Salad/ LF Dress. Bulk</u> <u>2 - Cookies</u> <u>8oz - Milk</u>	<u>6/25</u> <u>½ c Chicken Salad Sand on</u> <u>WW Bread</u> <u>½ c Pasta Veg Salad- Units</u> <u>½ c MinnestroneSoup- BULK</u> <u>1 - Fresh Fruit-Apple</u> <u>8oz - Milk</u>	<u>6/26</u> <u>1/2 C Chili w/ Beans</u> <u>2/3 c- Rice</u> <u>½ - sl Corn Bread</u> <u>1- Fresh Fruit-Orange</u> <u>8oz - Milk</u>	<u>6/27</u> <u>1 -cup Chicken Lo Mein</u> <u>1/3 c -Stirfry Vegetables</u> <u>1 - Fruit-Banana</u> <u>8oz - Milk</u>
<u>6/30 -WK-6</u> <u>2 ½ oz.Meatballs w/ Oni/</u> <u>GPepin Sauce</u> <u>1- Hotdog Roll</u> <u>½ c- Cut Corn</u> <u>1/3 c-Sherbet / 8oz Milk</u>				

Serving Portions Vary By Age Groups-

- Group I-Ages 1-2/ -Meat or alternate 1 oz, Vegetable &/or Fruit ½ c, Bread /Grain 5 serving/wk, Milk ¾ c.**
- Group II-Ages 3-4/ -Meat or alternate 1.5 oz, Vegetable &/or Fruit ½ c,Bread /Grain 8 serving/wk,Milk ¾ c.**
- Group III-Ages 5-8/ -Meat or alternate 1.5 oz, Vegetable &/or Fruit ½ c,Bread /Grain 8 serving/wk, Milk 1 c.**
- Group IV-Age 9-&older/ -Meat or alternate 2 oz, Vegetable &/or Fruit ¾ c,Bread /Grain 8 serving/wk, Milk 1 c.**
- Group V-Ages 12 &older/ -Meat or alternate 3 oz, Vegetable &/or Fruit ¾ c.Bread /Grain 10 serving/wk, Milk 1 c.**

JUNE 2008
~ Snack Menu ~

<u>Cycle</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>WK-2</u>	<u>6/2</u> <u>1 oz Animal</u> <u>Crackers</u> <u>½ c Org. Juice</u>	<u>6/3</u> <u>1 oz Cereal/</u> <u>Cheerios</u> <u>8 oz Milk</u>	<u>6/4</u> <u>½ c Fruit Salad</u> <u>1oz-4pc-</u> <u>Graham</u> <u>Crackers</u>	<u>6/5</u> <u>¼ c Veggie</u> <u>Sticks</u> <u>1 oz Cheese</u> <u>½ c Apple Juice</u>	<u>6/6</u> <u>1 T Jelly on 1 sl</u> <u>WW Bread</u> <u>½ c Apple sauce</u>
<u>WK-3</u>	<u>6/9</u> <u>½ oz-5pc-</u> <u>Saltine</u> <u>Crackers</u> <u>½ oz Cheese</u> <u>½ c Org. Juice</u>	<u>6/10</u> <u>1 oz Mini</u> <u>Bagel</u> <u>1 T Cream</u> <u>Cheese</u> <u>½ c Fruit</u>	<u>6/11</u> <u>1oz-4pc-</u> <u>Graham</u> <u>Crackers</u> <u>½ c Apple</u> <u>Sauce</u>	<u>6/12</u> <u>1 oz Animal</u> <u>Crackers</u> <u>½ c Apple Juice</u>	<u>6/13</u> <u>1 sl French</u> <u>Bread</u> <u>1 T P/A Cheese</u> <u>Spread</u> <u>½ c Grape Juice</u>
<u>WK-4</u>	<u>6/16</u> <u>½ oz-5pc- Ritz</u> <u>Crackers</u> <u>½ oz Cheese</u> <u>½ c Apple</u> <u>Juice</u>	<u>6/17</u> <u>1 oz- 2pc-</u> <u>Oatmeal</u> <u>Cookies</u> <u>½ c Apple</u> <u>Sauce</u>	<u>6/18</u> <u>½ c Fruit</u> <u>Yogurt</u> <u>½ c Fruit Salad</u>	<u>6/19</u> <u>½ c Fresh Fruit</u> <u>8 oz Choc. Milk</u>	<u>6/20</u> <u>½ oz Cheese on</u> <u>1 sl WW Bread</u> <u>½ c Org. Juice</u>
<u>WK-5</u>	<u>6/23</u> <u>1 oz Animal</u> <u>Crackers</u> <u>½ c Apple</u> <u>Juice</u>	<u>6/24</u> <u>1 oz Cereal/</u> <u>Cheerios</u> <u>8 oz Milk</u>	<u>6/25</u> <u>½ c Fruit Salad</u> <u>2 Oatmeal</u> <u>Cookies</u>	<u>6/26</u> <u>1 oz Pretzels</u> <u>½ c P/A Juice</u>	<u>6/27</u> <u>1 T Jelly on 1 sl</u> <u>WW Bread</u> <u>½ c Apple Juice</u>
<u>WK-6</u>	<u>6/30</u> <u>½ oz-5pc-</u> <u>Saltine</u> <u>Crackers</u> <u>½ oz Cheese</u> <u>½ c Org. Juice</u>				

Snack Serving Portions - Any Two of the Four Components

Ages 1-2/ -Meat or alternate ½ oz, Vegetable &/or Fruit ½ cup, Bread or alternate ½ serving or 1/3 oz, Milk 4 oz.

Ages 3-5/ -Meat or alternate ½ oz, Vegetable &/or Fruit ½ cup, Bread or alternate ½ serving or ½ oz, Milk 4 oz.

Ages 6-12/ -Meat or alternate 1 oz, Vegetable &/or Fruit ¾ cup, Bread or alternate 1 servin or 1 oz, Milk 8 oz.

