

SHFB 2024 Summer Menu Week 1

| Breakfast: Minimum Meal Pattern- 8 oz. Fluid Milk, ½ c. Fruit/Juice/Vegetable, and 1 serving Grain/Bread. May add Meat/Meat Alternate | | | | | |
|---|---|--|--|---|---|
| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
| Milk | Shelf Stable Milk (1c) | Choice of Milk (1 c) | Choice of Milk (1 c) | Choice of Milk (1 c) | Choice of Milk (1c) |
| F/V | Pineapple (1/2c)in juice | 100% Fruit Juice 4.23oz | 100% Fruit Juice 4.23oz | Mandarin Oranges(1/2c) in juice | 100% Fruit Juice 4.23oz |
| G/B | Assorted Cereal (1.0oz) WG Cheerios, Cocoa Puffs Or Cinnamon Toast Crunch | WGR Banana or Blueberry Muffin (2.8) WG | Assorted Cereal (1.0oz)WG Cheerios, Cocoa Puffs Or Cinnamon Toast Crunch | Honey Bun WGR (2.3 oz.) WG | Assorted Cereal (1.0oz)WG Cheerios, Cocoa Puffs Or Cinnamon Toast Crunch |
| Lunch: Minimum Meal Pattern- 8 oz. Fluid Milk, ½ c. Total Serving Fruit/Juice/Vegetable (from 2 items), 1 serving Grain/Bread, and 2 oz. Meat/Meat Alternate | | | | | |
| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
| Milk | Choice of Milk (1 c.) | Choice of Milk (1 c.) | Choice of Milk (1 c.) | Choice of Milk (1 c) | Choice of Milk (1 c) |
| M/MA | Grape or Strawberry Crustless Peanut butter and Jelly Sandwich | Chicken Peppercorn Pasta Salad | Turkey Ham & Cheese Croissant 1 comp | Southwest Grilled Chicken Wrap w/ Chipotle Ranch 1 comp | Turkey Broccoli Crunch Salad Turkey Diced 3oz Shredded Cheddar 1oz |
| 1st F/V | Baby Carrots (1/2 c.) 1 comp | Shredded Carrots 1/4c romaine/Spinach 1/4c Diced Tomato (1/2c) | Potato Salad w/shredded carrots. (1/2c) 1 comp | Mixed Greens, Corn, Black Beans, (1/2c) 1 comp | Romaine/Spinach/Diced tomatoes/shredded carrots & Broccoli (1c) 1 comp |
| 2nd F/V | 100% Fruit Juice 4.23oz Fresh Fruit (½c) Banana, Orange, Apple | Apple Sauce 4oz | Fresh Fruit (½c) Banana, Orange, Tangerine & Apple | Juice 4.23 oz. Fruit Punch, Very Berry, Apple | Fresh Fruit (½c) Banana, Orange, & Apple |
| G/B | WGR Bread 2oz | WG Pasta 4oz 1oz EQ | WGR Croissant 2ozEQ | WGR Tortilla 1oz EQ | WGR Sweet Crackers 1 oz. EQ |

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SHFB 2024 Summer Menu Week 2

| Breakfast: Minimum Meal Pattern- 8 oz. Fluid Milk, ½ c. Fruit/Juice/Vegetable, and 1 serving Grain/Bread. May add Meat/Meat Alternate | | | | | |
|---|---|--|--|---|--|
| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
| Milk | Shelf Stable Milk (1c) | Choice of Milk (1 c) | Choice of Milk (1 c) | Choice of Milk (1 c) | Choice of Milk (1c) |
| F/V | Pineapple (1/2c) | 100% Applesauce 4oz | 100% Fruit Juice 4.23oz | Tropical Fruit (1/2c) | Juice 4.23 oz. Fruit Punch, Very Berry, Apple |
| G/B | Assorted Cereal (1.0oz) Cheerios, Cocoa Puffs Or Cinnamon Toast Crunch | Pop Tart 2 ct (2.5) WG | Assorted Cereal (1.0oz)WG Cheerios, Cocoa Puffs Or Cinnamon Toast Crunch | Donut stick WG (2.3 oz.) WG | Assorted Cereal (1.0oz)WG Cheerios, Cocoa Puffs Or Cinnamon Toast Crunch |
| Lunch: Minimum Meal Pattern- 8 oz. Fluid Milk, ½ c. Total Serving Fruit/Juice/Vegetable (from 2 items), 1 serving Grain/Bread, and 2 oz. Meat/Meat Alternate | | | | | |
| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
| Milk | Choice of Milk (1 c.) | Choice of Milk (1 c.) | Choice of Milk (1 c.) | Choice of Milk (1 c) | Choice of Milk (1 c) |
| M/MA | Chicken Salad and Crackers 4oz | Chicken Caprese Flatbread Mozzarella 1oz Chicken 2oz | Grilled Chicken Club Wrap w/ ranch Turkey bacon 1oz/Chicken 2oz | Santé Fe Pasta Salad Turkey Ham(3oz)/Cheddar.5oz 1 comp | Turkey Cheese Croissant (3.0oz. Turkey / .75 oz. cheese) |
| 1st F/V | Spinach and Grape tomatoes (1/2 c.) 1 comp | Spinach & Tomato Diced(2) (1/2 c.) 1 comp | Romaine Lettuce/Diced Tomato (1/2c) 1 comp | Roasted Corn/ Black Beans/Diced Tomatoes 1 comp | Romaine Lettuce/Diced Tomato (1/2c) 1 comp |
| 2nd F/V | 100% Fruit Juice 4.23oz Fresh Fruit (½c) Banana, Orange, Apples | Juice 4.23 oz. Fruit Punch, Very Berry, Apple | Fresh Fruit (½c) Diced Mango | Juice 4.23 oz. Fruit Punch, Very Berry, Apple | Fresh Fruit (½c) Banana, Orange, & Apple |
| G/B | Wheat Thins Crackers #389359 | WGR Flat bread#226462 | WG Tortilla 2oz | WG Pasta | WGR Croissant |

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