Community Renewal Team
Changing lives... Creating opportunity!

SUMMER FOOD SERVICE PROGRAM LUNCH MENU
JUNE/JULY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6/22 Turkey, Turkey Ham & Cheese – 2 oz. WG Sliced Bread – 2 ea. Mayonnaise – 1 pkt. Fresh Fruit – 1 pc.=1/2 c. Grape Tomatoes with Ranch Dressing-1/2 c/1 pkt. 1% Milk – 8 oz.	23 Turkey, Turkey Pepperoni & Cheese - 2 oz. Whole Grain Roll – 1 ea. Mayonnaise – 1 pkt. Sliced Cucumber – ¼ cup Fresh Fruit – 1 pc.=1/2 c. 1% Milk – 8 oz.	24 Turkey, Ham & Cheese Wrap 1 ½ oz. Meat + ½ oz. Cheese 1 Whole Grain Wrap – 1 ¼ Grain and Whole Grain Graham Crackers -1 pkg. Fresh Fruit – 1 pc.=1/2 cup Juice – ½ cup 1% Milk – 8 oz.	25 Uncrustable Sun Butter & Jelly Sandwich – (1 oz. Protein/1 ¼ grain) 1 ea. Mozzarella Stick – 1 oz. Saltines – 1 pkg. Applesauce – ½ cup Juice – ½ cup 1% Milk – 8 oz.	26 Breaded Chicken Filet – 2 oz. Leaf Lettuce – ½ cup Mayonnaise/Mustard – 1 pkt. ea. Roll – 1 ea. Assorted Juice – ½ cup Fresh Fruit – 1 pc.=1/2 cup 1% Milk – 8 oz.
29 Italian Combo Wrap – 1 each 1 ½ oz. Meat + ½ oz. Cheese 1 Whole Grain Wrap – 1 ¼ grain and Ritz Crackers – 1 pkg. Carrots – ¼ cup with Ranch Dressing – ¼ c./1 pt. Fresh Fruit – 1 pc.=1/2 c. 1% Milk – 8 oz.	30 Buffalo Chicken Breast – 1 oz. Sliced American Cheese – 1 oz. Leaf Lettuce – 1 leaf Mayonnaise – 1 pkt. Roll – 1 each Fresh Fruit – 1 pc.=1/2 c. Juice – ½ cup 1% Milk – 8 oz.	7/1 Uncrustable Sun Butter & Jelly Sandwich – (1 oz. protein/ 1 ¼ grain) 1 each Cheddar Cheese Stick – 1 oz. Saltines – 1 pkg. Fresh Fruit – 1 pc.=1/2 cup Juice – ½ cup 1% Milk – 8 oz.	2 Whole Grain Cheese Pizza or Whole GrainTurkey Pepperoni & Cheese Pizza Cheese or Meat/Cheese-2 oz Whole Grain Pizza Bread -2 oz. Carrots – ¼ cup with Ranch Dressing – 1 pkt. Fresh Fruit – 1 pc.=1/2 cup 1% Milk	3 **Closed** **In Observance of** **4th of July**
6 Turkey, Ham & Cheese Wrap 1 ½ oz. Meat + ½ oz. Cheese 1 Whole Grain Wrap – 1 ¼ Grain and Whole Grain Graham Crackers -1 pkg. Fresh Fruit – 1 pc.=1/2 cup Juice – ½ cup 1% Milk – 8 oz.	7 Uncrustable Sun Butter & Jelly Sandwich – (1 oz. Protein/1 ¼ grain) 1 ea. Mozzarella Stick – 1 oz. Saltines – 1 pkg. Applesauce – ½ cup Juice – ½ cup 1% Milk – 8 oz.	8 Breaded Chicken Filet – 2 oz. Leaf Lettuce – ½ cup Mayonnaise/Mustard – 1 pkt. ea. Roll – 1 ea. Assorted Juice – ½ cup Fresh Fruit – 1 pc.=1/2 cup 1% Milk – 8 oz.	9 Tuna Fish – 20z. On a Whole Grain Bun – 1 Celery Sticks – ½ cup with Ranch Dressing – 1 pc. Potato Chips – 1 pkg. Fresh Fruit – 1 pc.=1/2 cup 1% Milk – 8 oz.	10 Chicken Ranch Wrap: Chicken Fingers – 3 ea. Shredded Lettuce – ½ cup Ranch Cup – 1 Flour Tortilla Wrap – 1 Fresh Fruit – 1 pc.=1/2 cup 1% Milk – 8 oz.

Please Note: Juices will include Orange, Apple, Pineapple, Grape and 100% Fruit Juice. All Juices are 100%.
Fresh Fruit will include Oranges, Apples, Peaches, Plums, Nectarines, Banana, Kiwi and Pears.
Canned Fruit will include peaches, pears, pineapple tidbits, mandarin oranges and mixed fruit.
All Muffins are 2 oz. and all Bagel are 2 oz.
All Milk is 1% white.

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JULY 2015

13 Uncrustable Sun Butter & Jelly Sandwich – (1 oz. protein/ 1 ¼ grain) 1 each Cheddar Cheese Stick – 1 oz. Saltines – 1 pkg. Fresh Fruit – 1 pc.=1/2 cup Juice – ½ cup 1% Milk – 8 oz.	14 Whole Grain Cheese Pizza or Whole GrainTurkey Pepperoni & Cheese Pizza Cheese or Meat/Cheese-2 oz Whole Grain Pizza Bread -2 oz. Carrots – ¼ cup with Ranch Dressing – 1 pkt. Fresh Fruit – 1 pc.=1/2 cup 1% Milk	15 Turkey, Turkey Ham & Cheese – 2 oz. WG Sliced Bread – 2 ea. Mayonnaise – 1 pkt. Fresh Fruit – 1 pc.=1/2 c. Grape Tomatoes with Ranch Dressing-1/2 c/1 pkt. 1% Milk – 8 oz.	16 Turkey, Turkey Pepperoni & Cheese - 2 oz. Whole Grain Roll – 1 ea. Mayonnaise – 1 pkt. Sliced Cucumber – ¼ cup Fresh Fruit – 1 pc.=1/2 c. 1% Milk – 8 oz.	17 Turkey, Ham & Cheese Wrap 1 ½ oz. Meat + ½ oz. Cheese 1 Whole Grain Wrap – 1 ¼ Grain and Whole Grain Graham Crackers -1 pkg. Fresh Fruit – 1 pc.=1/2 cup Juice – ½ cup 1% Milk – 8 oz.
20 Tuna Fish – 20z. On a Whole Grain Bun – 1 Celery Sticks – ½ cup with Ranch Dressing – 1 pc. Potato Chips – 1 pkg. Fresh Fruit – 1 pc.=1/2 cup 1% Milk – 8 oz.	21 Chicken Ranch Wrap: Chicken Fingers – 3 ea. Shredded Lettuce – ½ cup Ranch Cup – 1 Flour Tortilla Wrap – 1 Fresh Fruit – 1 pc.=1/2 cup 1% Milk – 8 oz.	22 Italian Combo Wrap – 1 each 1 ½ oz. Meat + ½ oz. Cheese 1 Whole Grain Wrap – 1 ¼ grain and Ritz Crackers – 1 pkg. Carrots – ¼ cup with Ranch Dressing – ¼ c./1 pt. Fresh Fruit – 1 pc.=1/2 c. 1% Milk – 8 oz.	23 Buffalo Chicken Breast – 1 oz. Sliced American Cheese – 1 oz. Leaf Lettuce – 1 leaf Mayonnaise – 1 pkt. Roll – 1 each Fresh Fruit – 1 pc.=1/2 c. Juice – ½ cup 1% Milk – 8 oz.	24 Uncrustable Sun Butter & Jelly Sandwich – (1 oz. protein/ 1 ¼ grain) 1 each Cheddar Cheese Stick – 1 oz. Saltines – 1 pkg. Fresh Fruit – 1 pc.=1/2 cup Juice – ½ cup 1% Milk – 8 oz.
27 Turkey, Turkey Pepperoni & Cheese - 2 oz. Whole Grain Roll – 1 ea. Mayonnaise – 1 pkt. Sliced Cucumber – ¼ cup Fresh Fruit – 1 pc.=1/2 c. 1% Milk – 8 oz.	28 Turkey, Ham & Cheese Wrap 1 ½ oz. Meat + ½ oz. Cheese 1 Whole Grain Wrap – 1 ¼ Grain and Whole Grain Graham Crackers -1 pkg. Fresh Fruit – 1 pc.=1/2 cup Juice – ½ cup 1% Milk – 8 oz.	29 Uncrustable Sun Butter & Jelly Sandwich – (1 oz. Protein/1 ¼ grain) 1 ea. Mozzarella Stick – 1 oz. Saltines – 1 pkg. Applesauce – ½ cup Juice – ½ cup 1% Milk – 8 oz.	30 Breaded Chicken Filet – 2 oz. Leaf Lettuce – ½ cup Mayonnaise/Mustard – 1 pkt. ea. Roll – 1 ea. Assorted Juice – ½ cup Fresh Fruit – 1 pc.=1/2 cup 1% Milk – 8 oz.	31 Tuna Fish – 20z. On a Whole Grain Bun – 1 Celery Sticks – ½ cup with Ranch Dressing – 1 pc. Potato Chips – 1 pkg. Fresh Fruit – 1 pc.=1/2 cup 1% Milk – 8 oz.

Please Note: Juices will include Orange, Apple, Pineapple, Grape and 100% Fruit Juice. All Juices are 100%.
Fresh Fruit will include Oranges, Apples, Peaches, Plums, Nectarines, Banana, Kiwi and Pears.
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All Muffins are 2 oz. and all Bagel are 2 oz.
All Milk is 1% white.

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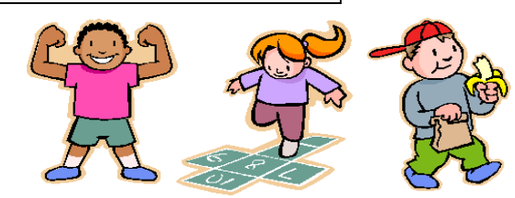
SUMMER FOOD SERVICE PROGRAM LUNCH MENU
AUGUST 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Buffalo Chicken Breast – 1 oz. Sliced American Cheese – 1 oz. Leaf Lettuce – 1 leaf Mayonnaise – 1 pkt. Roll – 1 each Fresh Fruit – 1 pc.=1/2 c. Juice – ½ cup 1% Milk – 8 oz.	4 Uncrustable Sun Butter & Jelly Sandwich – (1 oz. protein/ 1 ¼ grain) 1 each Cheddar Cheese Stick – 1 oz. Saltines – 1 pkg. Fresh Fruit – 1 pc.=1/2 cup Juice – ½ cup 1% Milk – 8 oz.	5 Whole Grain Cheese Pizza or Whole GrainTurkey Pepperoni & Cheese Pizza Cheese or Meat/Cheese-2 oz Whole Grain Pizza Bread -2 oz. Carrots – ¼ cup with Ranch Dressing – 1 pkt. Fresh Fruit – 1 pc.=1/2 cup 1% Milk	6 Turkey, Turkey Ham & Cheese – 2 oz. WG Sliced Bread – 2 ea. Mayonnaise – 1 pkt. Fresh Fruit – 1 pc.=1/2 c. Grape Tomatoes with Ranch Dressing-1/2 c/1 pkt. 1% Milk – 8 oz.	7 Turkey, Turkey Pepperoni & Cheese - 2 oz. Whole Grain Roll – 1 ea. Mayonnaise – 1 pkt. Sliced Cucumber – ¼ cup Fresh Fruit – 1 pc.=1/2 c. 1% Milk – 8 oz.
10 Breaded Chicken Filet – 2 oz. Leaf Lettuce – ½ cup Mayonnaise/Mustard – 1 pkt. ea. Roll – 1 ea. Assorted Juice – ½ cup Fresh Fruit – 1 pc.=1/2 cup 1% Milk – 8 oz.	11 Tuna Fish – 20z. On a Whole Grain Bun – 1 Celery Sticks – ½ cup with Ranch Dressing – 1 pc. Potato Chips – 1 pkg. Fresh Fruit – 1 pc.=1/2 cup 1% Milk – 8 oz.	12 Chicken Ranch Wrap: Chicken Fingers – 3 ea. Shredded Lettuce – ½ cup Ranch Cup – 1 Flour Tortilla Wrap – 1 Fresh Fruit – 1 pc.=1/2 cup 1% Milk – 8 oz.	13 Italian Combo Wrap – 1 each 1 ½ oz. Meat + ½ oz. Cheese 1 Whole Grain Wrap – 1 ¼ grain and Ritz Crackers – 1 pkg. Carrots – ¼ cup with Ranch Dressing – ¼ c./1 pt. Fresh Fruit – 1 pc.=1/2 c. 1% Milk – 8 oz.	14 Buffalo Chicken Breast – 1 oz. Sliced American Cheese – 1 oz. Leaf Lettuce – 1 leaf Mayonnaise – 1 pkt. Roll – 1 each Fresh Fruit – 1 pc.=1/2 c. Juice – ½ cup 1% Milk – 8 oz.
17 Turkey, Turkey Ham & Cheese – 2 oz. WG Sliced Bread – 2 ea. Mayonnaise – 1 pkt. Fresh Fruit – 1 pc.=1/2 c. Grape Tomatoes with Ranch Dressing-1/2 c/1 pkt. 1% Milk – 8 oz.	18 Turkey, Turkey Pepperoni & Cheese - 2 oz. Whole Grain Roll – 1 ea. Mayonnaise – 1 pkt. Sliced Cucumber – ¼ cup Fresh Fruit – 1 pc.=1/2 c. 1% Milk – 8 oz.	19 Turkey, Ham & Cheese Wrap 1 ½ oz. Meat + ½ oz. Cheese 1 Whole Grain Wrap – 1 ¼ Grain and Whole Grain Graham Crackers -1 pkg. Fresh Fruit – 1 pc.=1/2 cup Juice – ½ cup 1% Milk – 8 oz.	20 Uncrustable Sun Butter & Jelly Sandwich – (1 oz. Protein/1 ¼ grain) 1 ea. Mozzarella Stick – 1 oz. Saltines – 1 pkg. Applesauce – ½ cup Juice – ½ cup 1% Milk – 8 oz.	21 Breaded Chicken Filet – 2 oz. Leaf Lettuce – ½ cup Mayonnaise/Mustard – 1 pkt. ea. Roll – 1 ea. Assorted Juice – ½ cup Fresh Fruit – 1 pc.=1/2 cup 1% Milk – 8 oz.

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