

**Month:**



**School:**

**Summer Lunch Menu  
2-Week Cycle**

**This institution is an equal  
opportunity provider**

Production records must be done for all meals served Including snacks

Date:	Date:	Date:	Date:	Date:
<b>Cheesy Monday</b> Pineapple Cottage Cheese (2 oz. eq. m/ma, 1/2 cup fruit) WG Cheddar Goldfish (1 oz. eq. grain)  Vegetable Sticks (1/2 Cup)  Fresh Fruit (1/4 Cup)  Farm Fresh Milk (8 oz.)	<b>Caesar's Palace</b> Romaine lettuce, Chicken & Cheese with Whole Grain Croutons (2 oz. eq. m/ma, 1 oz. eq. grain, 1/2 cup veg)  Caesar Dressing  Fresh Fruit (1/4 Cup)  Farm Fresh Milk (8 oz.)	<b>Yogurt Mania</b> Dannon Yogurt (1 oz. eq. m/ma) Cheese Stick (1 oz. eq. m/ma) WG Cheddar Goldfish (1 oz. eq. grain) Vegetable Sticks (1/2 Cup)  Fresh Fruit (1/4 Cup)  Farm Fresh Milk (8 oz.)	<b>Ham &amp; Cheese Bagel</b> Ham & Cheese with Honey Mustard Cream Cheese on a WG Bagel (2 oz. eq. m/ma, 2 oz. eq. grain)  Vegetable Sticks (1/2 Cup)  Fresh Fruit (1/4 Cup)  Farm Fresh Milk (8 oz.)	<b>Deli Day</b> Ham or Turkey with American Cheese on WG Bread (2 oz. eq. m/ma, 2 oz. eq. grain) Mayo & Mustard Packet  Vegetable Sticks (1/2 Cup)  Fresh Fruit (1/4 Cup)  Farm Fresh Milk (8 oz.)

**AVAILABLE  
DAILY!**  
Peanut Butter  
and Jelly  
Sandwich  
w/Cheese Stick  
OR  
Yogurt & Cheese  
OR  
Veggie Sandwich

**We offer  
1% White  
And Fat  
Free  
Chocolate  
Milk Daily**

Date:	Date:	Date:	Date:	Date:
<b>Packed w/Protein</b> Cheese & Pepperoni w/ WG Crackers (2 oz. eq. m/ma, 2.25 oz. eq. grain)  Vegetable Sticks (1/2 Cup)  Fresh Fruit (1/4 Cup)  Farm Fresh Milk (8 oz.)	<b>Nacho Day</b> WG Nachos (Tortilla Chips & Shredded Cheese) (2 oz. eq. m/ma, 2 oz. eq. grain)  Homemade Salsa 1/2 cup veg)  Fresh Fruit (1/4 Cup)  Farm Fresh Milk (8 oz.)	<b>Go Bananas</b> Banana Bread (2 oz. eq. grain) Hard Boiled Egg (2 oz. eq. m/ma)  Veggie Sticks with Hummus (1/2 Cup)  Fresh Fruit (1/4 Cup)  Farm Fresh Milk (8 oz.)	<b>Vermonters Wrap</b> Chicken Salad on a Whole Wheat Wrap with Apples & Cheddar Cheese (2 oz. eq. m/ma, 2 oz. eq. grain)  Vegetable Sticks (1/2 Cup)  Fresh Fruit (1/4 Cup)  Farm Fresh Milk (8 oz.)	<b>Deli Day</b> Ham or Turkey with American Cheese on WG Bread (2 oz. eq. m/ma, 2 oz. eq. grain) Mayo & Mustard Packet  Vegetable Sticks (1/2 Cup)  Fresh Fruit (1/4 Cup)  Farm Fresh Milk (8 oz.)

**Menus are  
subject to  
change**