

Sponsor: Fuchs Mizrachi School

Summer Food Service Program (SFSP) Cycle Lunch Menu

Dates: 2/3/2021-2/9/2021

	<u>Wednesday 3</u>	<u>Thursday 4</u>	<u>Friday 5</u>	<u>Saturday 6</u>	<u>Sunday 7</u>	<u>Monday 8</u>	<u>Tuesday 9</u>
MILK: 1 cup (8 fl. oz.)	8 oz milk	8 oz milk	8 oz 100% grape juice	8 oz milk	8 oz milk	8 oz 100% orange juice	8 oz milk
GRAIN: 1 serving (1 slice of bread; ½ cup of pasta, cereal or grain)*	2 oz whole grain rye bread	4 oz pizza slices	2-oz brown rice	4 oz Mushroom barley soup	4 oz pizza slices	2-oz brown rice	2 oz whole grain rye bread
FRUIT OR VEGETABLE: ¾ cup total (two or more)	4 oz sliced peppers	4 oz green beans	4 oz butternut squash	4 oz cole slaw 1 oz dill dip	4 oz Vegetable soup	2 oz eggplant tomato salad 2 oz potato kugal	4 oz green beans
	4 oz apple sauce	4 oz mango	4 oz sliced peaches	4 oz apple sauce	4 oz mango	4 oz sliced peaches	4 oz sliced peaches
MEAT OR MEAT ALTERNATIVE: 1 oz. meat or cheese; ½ cup dry beans; 1 lg. egg*	2 oz cheese slices	2 oz cheese (from pizza)	6 oz chicken*	4 oz breaded tilapia	2 oz cheese (from pizza)	6 oz chicken*	4 oz yogurt
OTHER			*Bake thawed chicken at 375F for 45 minutes till internal temperature reaches 165F			*Bake thawed chicken at 375F for 45 minutes till internal temperature reaches 165F	

This institution is an equal opportunity provider.

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**Summer Food Service Program (SFSP) Breakfast Menu Dates:
Dates: 2/3/2021-2/9/2021**

	<u>Wednesday 3</u>	<u>Thursday 4</u>	<u>Friday 5</u>	<u>Saturday 6</u>	<u>Sunday 7</u>	<u>Monday 8</u>	<u>Tuesday 9</u>
MILK: 1 cup (8 fl. oz.)	1 % milk	1 % milk	1 % milk	1 % milk	1 % milk	1 % milk	1 % milk
GRAIN: 1 serving (1 slice of bread; ½ cup of pasta, cereal or grain).*	1 oz granola	1 oz whole grain enriched breakfast muffin	1 oz granola	1 oz whole grain enriched breakfast muffin	1 oz granola	1 oz whole grain enriched breakfast muffin	1 oz granola
FRUIT OR VEGETABLE: ½ cup total	½ cup mango	½ cup apple sauce	½ cup sliced peaches	½ cup mango	½ cup apple sauce	½ cup sliced peaches	½ cup apple sauce
OTHER							

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