

Sponsor: Fuchs Mizrahi School

Summer Food Service Program (SFSP) Cycle Lunch Menu

Dates: 2/10/2021-2/16/2021

	<u>Wednesday 10</u>	<u>Thursday 11</u>	<u>Friday 12</u>	<u>Saturday 13</u>	<u>Sunday 14</u>	<u>Monday 15</u>	<u>Tuesday 16</u>
MILK: 1 cup (8 fl. oz.)	8 oz milk	8 oz 100% grape juice	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 5 inch pizza	2 oz whole grain bread	2-oz whole grain baguette	2-oz whole grain baguette	2 oz 5 inch pizza	2 oz whole grain bread	2-oz whole grain baguette
FRUIT OR VEGETABLE: ¾ cup total (two or more)	4 oz mixed vegetables	4 oz snap peas	4 oz vegetable eggrolls	4 oz hearts of palm	4 oz Vegetable matbucha	2 oz potato knish 2 oz mixed veg (in pot pie)	4 oz cut corn
	4 oz pineapple slices	4 oz sliced peaches	4 oz pineapple slices	4 oz mandarin	4 oz sliced peaches	4 oz mandarin	4 oz sliced peaches
MEAT OR MEAT ALTERNATIVE: 1 oz. meat or cheese; ½ cup dry beans; 1 lg. egg*	2 oz cheese (from pizza)	2 oz deli slices	4 oz chicken tenders*	4 oz ricotta cheese (in blintzes)	2 oz cheese (from pizza)	12 oz chicken pot pie	4 oz yogurt
OTHER			*Fully cooked. Heat and serve			*Fully cooked. Heat and serve	

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Summer Food Service Program (SFSP) Breakfast Menu Dates:
Dates: 2/10/2021-2/16/2021

	<u>Wednesday 10</u>	<u>Thursday 11</u>	<u>Friday 12</u>	<u>Saturday 13</u>	<u>Sunday 14</u>	<u>Monday 15</u>	<u>Tuesday 16</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 bran flakes	1 oz oatmeal	1 oz bran flakes	1 oz oatmeal	1 oz bran flakes	1 oz oatmeal	1 oz bran flakes
FRUIT OR VEGETABLE: ½ cup total	½ cup mixed fruit	½ cup assorted dried fruit	½ cup mixed fruit	½ cup crasins	½ cup assorted dried fruit	½ cup mixed fruit	½ cup crasins
OTHER							

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