

Sponsor: Fuchs Mizrachi School

Summer Food Service Program (SFSP) Breakfast Menu Dates:
Dates: 2/17/2021-2/23/2021

	<u>Wednesday 17</u>	<u>Thursday 18</u>	<u>Friday 19</u>	<u>Saturday 20</u>	<u>Sunday 21</u>	<u>Monday 22</u>	<u>Tuesday 23</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 bar	1 oz cheerios	1 oz whole grain breakfast muffin	1 oz cheerios	1 oz whole grain breakfast muffin	1 oz cheerios	1 oz granola bar
FRUIT OR VEGETABLE: ½ cup total	½ cup celery sticks	½ cup carrot sticks	½ cup apple	½ cup celery sticks	½ cup carrot sticks	½ cup apples	½ cup celery sticks
OTHER							

This institution is an equal opportunity provider.

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Summer Food Service Program (SFSP) Cycle Lunch Menu

Dates: 2/17/2021-2/23/2021

	<u>Wednesday 17</u>	<u>Thursday 18</u>	<u>Friday 19</u>	<u>Saturday 20</u>	<u>Sunday 21</u>	<u>Monday 22</u>	<u>Tuesday 23</u>
MILK: 1 cup (8 fl. oz.)	8 oz milk	8 oz milk	8 oz 100% cranberry	8 oz milk	8 oz 100% orange juice	8 oz milk	8 oz milk
GRAIN: 1 serving (1 slice of bread; ½ cup of pasta, cereal or grain)*	2 oz whole grain pizza crust	2 oz crackers	2-oz deli rollups	2-oz whole grain pita	2 oz multi grain rolls	2 oz granola bar	2-oz baked ziti*
FRUIT OR VEGETABLE: ¾ cup total (two or more)	4 oz celery sticks 1 oz Pizza sauce	4 oz cauliflower	4 oz cream of zucchini	4 oz creamed spinach	4 oz cauliflower	4 oz carrot sticks	2 oz sliced olives 2 oz eggplant
	4 oz raisin	4 oz apples	4 oz apple sauce	4 oz raisin	4 oz apples	4 oz apple sauce	4 oz raisin
MEAT OR MEAT ALTERNATIVE: 1 oz. meat or cheese; ½ cup dry beans; 1 lg. egg*	2 oz shredded cheese	1 oz tuna salad 1 oz egg salad	2 oz Deli (from rollups)	4 oz *falafel balls	2 oz grilled chicken*	4 oz yogurt variety	2 oz cheese (from ziti)
OTHER				*Fully cooked. Heat and serve	*Fully cooked. Heat and serve		*Fully cooked. Heat and serve

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