

Sponsor: Fuchs Mizrahi School

Summer Food Service Program (SFSP) Cycle Lunch Menu

Dates: 2/24/2021-3/2/2021

	<u>Wednesday 24</u>	<u>Thursday 25</u>	<u>Friday 26</u>	<u>Saturday 27</u>	<u>Sunday 28</u>	<u>Monday 1</u>	<u>Tuesday 2</u>
MILK: 1 cup (8 fl. oz.)	8 oz milk	8 oz milk	8 oz 100% fruit juice	8 oz milk	8 oz 100% fruit juice	8 oz 100% fruit juice	8 oz milk
GRAIN: 1 serving (1 slice of bread; ½ cup of pasta, cereal or grain)*	2 oz bagel twist	2 oz barley*	2-oz pasta*	2-oz calzone	2 oz bagel twist	2 oz jeweled rice	2-oz pasta
FRUIT OR VEGETABLE: ¾ cup total (two or more)	4 oz Split pea soup	4 oz potatoes and onions	4 oz pickles	4 oz vegetables in calzone	4 oz pickles	4 oz vegetable kugal	4 oz olives spread
	4 oz mango	4 oz blueberries	4 oz sliced strawberries	4 oz mango	4 oz blueberries	4 oz mango	4 oz sliced strawberries
MEAT OR MEAT ALTERNATIVE: 1 oz. meat or cheese; ½ cup dry beans; 1 lg. egg*	2 oz shredded cheese	2 oz beef stew**	2 oz Bbq beef**	4 oz *cheese in calzone	2 oz grilled chicken*	4 oz beef jerky	2 oz shredded cheese
OTHER		*Cook as directed on bag **cook at 325 for 3-4 hours till tender	*Cook as directed on box ** Fully cooked. Heat and serve	*Fully cooked. Heat and serve	*Fully cooked. Heat and serve		*Fully cooked. Heat and serve

This institution is an equal opportunity provider.

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**Summer Food Service Program (SFSP) Breakfast Menu Dates:
Dates: 2/24/2021-3/2/2021**

	<u>Wednesday 24</u>	<u>Thursday 25</u>	<u>Friday 26</u>	<u>Saturday 27</u>	<u>Sunday 28</u>	<u>Monday 1</u>	<u>Tuesday 2</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 cream of wheat	1 oz corn flakes	1 oz homentashen	1 oz cream of wheat	1 oz corn flakes	1 oz cream of wheat	1 oz homentashen
FRUIT OR VEGETABLE: ½ cup total	½ cup sliced strawberries	½ cup blueberries	½ cup sliced strawberries	½ cup blueberries	½ cup sliced strawberries	½ cup blueberries	½ cup mango
OTHER							

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