

Sponsor: Fuchs Mizrachi School

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

	<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 life cereal	1 oz Kokosh	1 oz life cereal	1 oz Kokosh	1 oz life cereal	1 oz Kokosh	1 oz life cereal
FRUIT OR VEGETABLE: ½ cup total	½ cup kiwi	½ cup sliced mango	½ cup kiwi	½ cup sliced mango	½ cup kiwi	½ cup sliced mango	½ cup kiwi
OTHER							

This institution is an equal opportunity provider.

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Summer Food Service Program (SFSP) Cycle Lunch Menu

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

	<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 100% fruit juice	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 roll	2 oz muffin	2-oz roll	2-oz pizza	2 oz muffin	2 oz roll	2-oz muffin
FRUIT OR VEGETABLE: ¾ cup total (two or more)	4 oz diced peppers	4 oz hearts of palm salad	3 oz vegetable soup	4 oz sweet potato	4 oz grape tomatoes	3 oz vegetable soup	2 oz cucumber slices
	4 oz tangerines	2 oz garlic, basil, cilantro	4 oz tangerines	4 oz banana	4 oz tangerines	2 oz banana	2 oz quinoa salad
MEAT OR MEAT ALTERNATIVE: 1 oz. meat or cheese; ½ cup dry beans; 1 lg. egg*	2 oz pepper steak**	2 oz salmon*	2 oz assorted deli	4 oz *cheese in	2 oz breaded chicken fingers*	2 oz assorted deli	4 oz yogurt
OTHER	**cook at 325 for 3-4 hours till tender	*bake at 325 for 15 minutes.		*Fully cooked. Heat and serve	*Fully cooked. Heat and serve		

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