

Sponsor: Fuchs Mizrachi School

**Summer Food Service Program (SFSP) Breakfast Menu Dates:**  
**Dates: 3/10/2021-3/16/2021**

	<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>
<b>MILK:</b> 1 cup (8 fl. oz.)	1 % milk	1 % milk	1 % milk	1 % milk	1 % milk	1 % milk	1 % milk
<b>GRAIN:</b> 1 serving (1 slice of bread; ½ cup of pasta, cereal or grain).*	1 oz apple cranberry crumb	1 oz chocolate ring	1 oz raisin bran	1 oz chocolate ring	1 oz granola	1 oz apple cranberry crumb	1 oz raisin bran
<b>FRUIT OR VEGETABLE:</b> ½ cup total	½ cup sliced apples	½ cup mango	½ cup apples	½ cup mango	½ cup mango	½ cup sliced apples	½ cup apples
<b>OTHER</b>							

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## Summer Food Service Program (SFSP) Cycle Lunch Menu

Dates: 3/10/2021-3/16/2021

	<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>
<b>MILK:</b> 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 milk	8 oz milk
<b>GRAIN:</b> 1 serving (1 slice of bread; ½ cup of pasta, cereal or grain) *	2 oz bun	2 oz lasagna	2-oz barley	2-oz pizzalet	2 oz whole grain cracker	2-oz pizzalet	2-oz orzo pasta
<b>FRUIT OR VEGETABLE:</b> ¾ cup total (two or more)	4 oz diced carrots	2 oz spinach	3 oz mushroom barley soup	4 oz grape tomatoes	3 oz carrots	4 oz carrot raisin salad	2 oz celery sticks
	4 oz tomatoes	4 oz avocado	4 oz sliced apples	4 oz apple cranberry crumb	3 oz peas	4 oz raisins	2 oz cranberries
<b>MEAT OR MEAT ALTERNATIVE:</b> 1 oz. meat or cheese; ½ cup dry beans; 1 lg. egg*	2 oz ground beef**	2 oz cheese*	2 oz dark chicken cutlets	2 oz *cheese in	4 oz beef sausage	2 oz *cheese in	4 oz yogurt
<b>OTHER</b>	**cook at 325 for 20 minutes till internal temperature is 160F	*fully cooked. Heat and serve	**cook at 325 for 25-30 minutes till internal temperature is 165F	*Heat and serve	*Fully cooked. Heat and serve	*Heat and serve	

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