

Sponsor: Fuchs Mizrachi School

Summer Food Service Program (SFSP) Cycle Lunch Menu

Dates: 3/17/2021-3/23/2021

	<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 milk	8 oz milk
GRAIN: 1 serving (1 slice of bread; ½ cup of pasta, cereal or grain) *	2 oz cheese panini	2 oz pizza	2-oz rye bread	2-oz pizza	2 oz rye bread	2-oz baked ziti	2-oz split pea and barley soup
FRUIT OR VEGETABLE: ¾ cup total (two or more)	4 oz diced carrots	4 oz ratatouille	3 oz zucchini	2 oz celery sticks	3 oz carrots	4 oz sliced mushrooms	2 oz celery sticks 2 oz potato kugal
	4 oz grapefruit	4 oz cranberry	4 oz grapefruit	4 oz cranberry	4 oz grapefruit	4 oz apples	2 oz pineapple
MEAT OR MEAT ALTERNATIVE: 1 oz. meat or cheese; ½ cup dry beans; 1 lg. egg*	2 oz cheese*	2 oz cheese*	2 oz tilapia topped with crispy onion	2 oz *cheese in	4 oz beef salami	2 oz *cheese in	4 oz yogurt
OTHER	*fully cooked. Heat and serve	*fully cooked. Heat and serve	**bake at 325 for 25-30 minutes till internal temperature is 155F	*Heat and serve		*Heat and serve	

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Summer Food Service Program (SFSP) Breakfast Menu Dates:
Dates: 3/17/2021-3/23/2021

	<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 pancakes	1 oz cereal	1 oz pancakes	1 oz cereal	1 oz pancakes	1 oz cereal	1 oz cereal
FRUIT OR VEGETABLE: ½ cup total	½ cup apples	½ cup pineapple	½ cup apples	½ cup pineapple	½ cup apples	½ cup pineapple	½ cup apples
OTHER							

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