

Sponsor: Fuchs Mizrahi School

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

Dates: 4/7/2021-4/13/2021

	<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 milk	8 oz 100% fruit juice	8 oz milk	8 oz 100% fruit juice	8 oz milk
<b>GRAIN:</b> 1 serving (1 slice of bread; ½ cup of pasta, cereal or grain) *	2 oz jasmine rice	2 oz pizza	2-oz sandwich bread	2-oz Yerushalmi Kugal ("Noodle" Kugal)	2 oz sandwich bread	2-oz rotini pasta	2-oz mushroom barley soup
<b>FRUIT OR VEGETABLE:</b> ¾ cup total (two or more)	4 oz stir fry veg	2 oz pizza sauce 4 oz tater tots	3 oz squash	4 oz roasted veg	4 oz grape tomatoes	2 oz veg in pasta salad	2 oz 2 oz sweet potato
	4 oz apricot	4 oz bananas	4 oz apricot	4 oz pineapple	4 oz apricot	4 oz banana	4 oz apples
<b>MEAT OR MEAT ALTERNATIVE:</b> 1 oz. meat or cheese; ½ cup dry beans; 1 lg. egg*	2 oz teriyaki chicken*	2 oz cheese*	2 oz sliced cheese	2 oz chicken schnitzel	4 oz peanut butter & jelly	2 oz teriyaki chicken*	4 oz yogurt
<b>OTHER</b>	*fully cooked. Heat and serve	*fully cooked. Heat and serve		*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: 4/7/2021-4/13/2021**

	<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 waffles	1 oz cereal	1 oz granola bars	1 oz cereal	1 oz waffles	1 oz cereal	1 oz cereal
<b>FRUIT OR VEGETABLE:</b> ½ cup total	½ cup apples	½ cup pineapple	½ cup apples	½ cup pineapple	½ cup apples	½ cup pineapple	½ cup apples
<b>OTHER</b>							

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