

Sponsor: Fuchs Mizrahi School

Summer Food Service Program (SFSP) Cycle Lunch Menu

Dates: 4/14/2021-4/20/2021

	<u>Wednesday 14</u>	<u>Thursday 15</u>	<u>Friday 16</u>	<u>Saturday 17</u>	<u>Sunday 18</u>	<u>Monday 19</u>	<u>Tuesday 20</u>
MILK: 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
GRAIN: 1 serving (1 slice of bread; ½ cup of pasta, cereal or grain) *	2 oz garlic knots	2 oz pita	2-oz pizza bagel	2-oz lasagna	2 oz rye bread	2-oz pita	2-oz garlic knots
FRUIT OR VEGETABLE: ¼ cup total (two or more)	4 oz eggplant	4 oz cucumbers	3 oz romaine lettuce	4 oz cucumbers	4 oz quinoa salad	2 oz hummus 2oz cucumbers in brine	4 oz potato cigars
	4 oz blueberries	4 oz grapes	4 oz blueberries	4 oz roasted carrot soup	4 oz grapes	4 oz blueberries	4 oz grapes
MEAT OR MEAT ALTERNATIVE: 1 oz. meat or cheese; ½ cup dry beans; 1 lg. egg*	2 oz honey mustard chicken*	2 oz falafel*	2 oz cheese	2 oz cheese	4 oz chickpea salad	2 oz shawarma chicken*	4 oz yogurt
OTHER	*fully cooked. Heat and serve	*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.

Sponsor: Fuchs Mizrahi

School

Summer Food Service Program (SFSP) Breakfast Menu

Dates:

Dates: 4/14/2021-4/20/2021

	<u>Wednesday 14</u>	<u>Thursday 15</u>	<u>Friday 16</u>	<u>Saturday 17</u>	<u>Sunday 18</u>	<u>Monday 19</u>	<u>Tuesday 20</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 pastry	1 oz muffin	1 oz cereal	1 oz pastry	1 oz muffin	1 oz cereal	1 oz cereal
FRUIT OR VEGETABLE: ½ cup total	½ cup dates	½ cup cantaloupe	½ cup tangerines	½ cup dates	½ cup cantaloupe	½ cup tangerines	½ cup cantaloupe
OTHER							

This institution is an equal opportunity provider.