

Sponsor: Fuchs Mizrachi School

Summer Food Service Program (SFSP) Cycle Lunch Menu

Dates: 4/21/2021-4/27/2021

	<u>Wednesday 21</u>	<u>Thursday 22</u>	<u>Friday 23</u>	<u>Saturday 24</u>	<u>Sunday 25</u>	<u>Monday 26</u>	<u>Tuesday 27</u>
MILK: 1 cup (8 fl. oz.)	8 oz 100% fruit juice	8 oz 100% fruit juice	8 oz milk	8 oz milk	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 farfel	2-oz Kaiser roll	2-oz pretzels	2-oz spinach ravioli	2 oz Moroccan cous cous	2-oz Kaiser roll	2-oz farfel
FRUIT OR VEGETABLE: ¾ cup total (two or more)	4 oz peppers	4 oz baby carrots	4 oz broccoli spears	4 oz cream of mushroom soup	4 oz broccoli spears	4 sweet potato	4 oz cole slaw
	4 oz pears	4 oz caracara oranges	4 oz pears	4 oz caracara oranges	4 oz pears	4 oz caracara oranges	4 oz pears
MEAT OR MEAT ALTERNATIVE: 1 oz. meat or cheese; ½ cup dry beans; 1 lg. egg*	2 oz chicken poppers*	2 oz deli turkey	2 oz tuna, egg or hummus	2 oz cheese	4 oz mozzarella* sticks	2 oz apricot chicken*	4 oz flounder*
OTHER	*fully cooked. Heat and serve			* Heat and serve	* Heat and serve	*fully cooked. Heat and serve	* bake at 350 for 35 minutes

This institution is an equal opportunity provider.

Sponsor: Fuchs Mizrachi

School

Summer Food Service Program (SFSP) Breakfast Menu

Dates:

Dates: 4/21/2021-4/27/2021

	<u>Wednesday 21</u>	<u>Thursday 22</u>	<u>Friday 23</u>	<u>Saturday 24</u>	<u>Sunday 25</u>	<u>Monday 26</u>	<u>Tuesday 27</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 cereal	1 oz granola bites	1 oz cereal	1 oz granola bites	1 oz granola bites	1 oz cereal	1 oz cereal
FRUIT OR VEGETABLE: ½ cup total	½ cup kiwi	½ cup nectarines	½ cup pears	½ cup kiwi	½ cup nectarines	½ cup pears	½ cup nectarines
OTHER							

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