

Sponsor: Fuchs Mizrachi School

Summer Food Service Program (SFSP) Cycle Lunch Menu

Dates: 4/28/2021-5/4/2021

	<u>Wednesday 28</u>	<u>Thursday 29</u>	<u>Friday 30</u>	<u>Saturday 1</u>	<u>Sunday 2</u>	<u>Monday 3</u>	<u>Tuesday 4</u>
MILK: 1 cup (8 fl. oz.)	8 oz milk	8 oz 100% fruit juice	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 roll	2-oz slider roll	2-oz pizza	2-oz pasta primavera*	2 oz barley	2-oz pizza	
FRUIT OR VEGETABLE: ¾ cup total (two or more)	Tossed salad	tomatoes	chopped romaine	veg in pasta	chopped romaine	tomatoes	
	4 oz nectarines	4 oz grapefruit	4 oz nectarines	4 oz grapefruit	4 oz nectarines	4 oz grapefruit	
MEAT OR MEAT ALTERNATIVE: 1 oz. meat or cheese; ½ cup dry beans; 1 lg. egg*	4 oz yogurt	2 oz slider burgers*	2 oz cheese on pizza	2 oz cheese	4 oz 2 oz beef stew*	2 oz cheese	
OTHER		*bake at 350 or grill to internal temperature of 165F	* Heat and serve	* Heat and serve	*bake at 350 to internal temperature of 165F till tender	* Heat and serve	

This institution is an equal opportunity provider.

Sponsor: Fuchs Mizrachi

School

Summer Food Service Program (SFSP) Breakfast Menu

Dates:

Dates: 4/28/2021-5/4/2021

	<u>Wednesday 28</u>	<u>Thursday 29</u>	<u>Friday 30</u>	<u>Saturday 1</u>	<u>Sunday 2</u>	<u>Monday 3</u>	<u>Tuesday 4</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 breakfast pastries	1 oz cereal	1 oz breakfast pastries	1 oz breakfast pastries	1 oz cereal	1 oz cereal
FRUIT OR VEGETABLE: ½ cup total	½ cup mango	½ cup pineapple	½ cup pineapple	½ cup mango	½ cup pineapple	½ cup pineapple	½ cup mango
OTHER							

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