

Sponsor: Fuchs Mizrahi School

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

Dates: 5/5/2021-5/11/2021

	<u>Wednesday 5</u>	<u>Thursday 6</u>	<u>Friday 7</u>	<u>Saturday 8</u>	<u>Sunday 9</u>	<u>Monday 10</u>	<u>Tuesday 11</u>
<b>MILK:</b> 1 cup (8 fl. oz.)	8 oz milk	8 oz 100% fruit juice	8 oz almond milk	8 oz milk	8 oz almond milk	8 oz milk	8 oz milk
<b>GRAIN:</b> 1 serving (1 slice of bread; ½ cup of pasta, cereal or grain) *	2-oz mini baguettes	2-oz rye bread	2 oz garlic parm sticks	2-oz mini baguettes	2 oz mushroom & barley soup	2-oz fettuccine	2-oz rye bread w scallion cr cheese
<b>FRUIT OR VEGETABLE:</b> ¾ cup total (two or more)	Carrot sticks	tomatoes	eggplant	Corn on cob	sliced beets	Spinach pesto	Grilled zucchini
	4 oz kiwi	4 oz apples	4 oz pears	4 oz pineapple	4 oz apples	4 oz banana	4 oz pears
<b>MEAT OR MEAT ALTERNATIVE:</b> 1 oz. meat or cheese; ½ cup dry beans; 1 lg. egg*	2 oz mozzarella sticks	2 oz sliced deli	2 oz eggplant parm*	2 oz smoked salmon	2 oz chicken breast*	2 oz cheese	4 oz yogurt
<b>OTHER</b>			* Heat and serve		*bake at 350 to internal temperature of 165F	* Heat and serve	

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School

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## Summer Food Service Program (SFSP) Breakfast Menu

Dates:

Dates: 5/5/2021-5/11/2021

	<u>Wednesday 5</u>	<u>Thursday 6</u>	<u>Friday 7</u>	<u>Saturday 8</u>	<u>Sunday 9</u>	<u>Monday 10</u>	<u>Tuesday 11</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 cereal	1 oz granola	1 oz cereal	1 oz granola	1 oz cereal	1 oz granola	1 oz granola
<b>FRUIT OR VEGETABLE:</b> ½ cup total	½ cup banana	½ cup pineapple	½ cup apples	½ cup kiwi	½ cup banana	½ cup pineapple	½ cup apples
<b>OTHER</b>							

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