

Sponsor: Fuchs Mizrahi School

Summer Food Service Program (SFSP) Cycle Lunch Menu

Dates: 5/12/2021-5/18/2021

	<u>Wednesday 12</u>	<u>Thursday 13</u>	<u>Friday 14</u>	<u>Saturday 15</u>	<u>Sunday 16</u>	<u>Monday 17</u>	<u>Tuesday 18</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	8 oz milk
GRAIN: 1 serving (1 slice of bread; ½ cup of pasta, cereal or grain) *	2-oz mini farfel	2-oz deli roll	2 oz pizza rollups	2-oz pasta imt. crab salad	2 oz rice	2-oz olive pasta salad	2-oz rye bread
FRUIT OR VEGETABLE: ¾ cup total (two or more)	celery sticks	cucumbers	French onion veg soup	celery sticks	cucumbers	Diced peppers and olives	Celery sticks
	4 oz mixed fruit	4 oz apple sauce	4 oz mango	4 oz mixed fruit	4 oz bananas	4 oz apple sauce	4 oz bananas
MEAT OR MEAT ALTERNATIVE: 1 oz. meat or cheese; ½ cup dry beans; 1 lg. egg*	2 oz cheese	2 oz sliced deli	2 oz cheese*	2 oz salmon	2 oz grilled chicken breast*	2 oz cheese	4 oz yogurt
OTHER			* Heat and serve		* fully cooked Heat and serve	* Heat and serve	

This institution is an equal opportunity provider.

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Summer Food Service Program (SFSP) Breakfast Menu

Dates:

Dates: 5/12/2021-5/18/2021

	<u>Wednesday 12</u>	<u>Thursday 13</u>	<u>Friday 14</u>	<u>Saturday 15</u>	<u>Sunday 16</u>	<u>Monday 17</u>	<u>Tuesday 18</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 breakfast pastries	1 oz muffins	1 oz breakfast pastries	1 oz cereal	1 oz cereal	1 oz breakfast pastries	1 oz cereal
FRUIT OR VEGETABLE: ½ cup total	½ cup blueberries	½ cup strawberries	½ cup blueberries	½ cup strawberries	½ cup blueberries	½ cup strawberries	½ cup blueberries
OTHER							

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