

Sponsor: Fuchs Mizrachi School

Summer Food Service Program (SFSP) Cycle Lunch Menu

Dates: 5/19/2021-5/25/2021

	<u>Wednesday 19</u>	<u>Thursday 20</u>	<u>Friday 21</u>	<u>Saturday 22</u>	<u>Sunday 23</u>	<u>Monday 24</u>	<u>Tuesday 25</u>
MILK: 1 cup (8 fl. oz.)	8 oz milk	8 oz milk	8 oz 100% fruit juice	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 rye bread	2-oz sushi rice	2-oz rye bread	2-oz rye bread	2 oz rice	2-oz rye bread	2 oz rice
FRUIT OR VEGETABLE: ¼ cup total (two or more)	Broccoli salad pickles	Cucumbers avocado	Broccoli salad pickles	Eggplant parm	avocado	matbucha	avocado salad
	4 oz lemon wedges	4 oz apple sauce	4 oz mango	4 oz apple sauce	4 oz bananas	4 oz mango	4 oz bananas
MEAT OR MEAT ALTERNATIVE: 1 oz. meat or cheese; ½ cup dry beans; 1 lg. egg*	2 oz salmon	2 oz kani sticks	2 oz chicken legs*	2 oz cheese	2 oz hickory baby chicken*	2 oz cheese blintz	4 oz yogurt
OTHER			*bake at 350 or grill to internal temperature of 165F		*bake at 350 or grill to internal temperature of 165F	* Heat and serve	

This institution is an equal opportunity provider.

Sponsor: Fuchs Mizrahi
School

Summer Food Service Program (SFSP) Breakfast Menu

Dates:

Dates: 5/19/2021-5/25/2021

	<u>Wednesday 19</u>	<u>Thursday 20</u>	<u>Friday 21</u>	<u>Saturday 22</u>	<u>Sunday 23</u>	<u>Monday 24</u>	<u>Tuesday 25</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 apple sauce	½ cup mango	½ cup apple sauce	½ cup mango	½ cup apple sauce	½ cup mango	½ cup bananas
OTHER							

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