

## Summer Program Menu 2021

LUNCH WEEK 1	Serving Size	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat/MA	2 oz	Baked Beef Spaghetti, 1 cup	Roasted Chicken Bites, 3 oz	Turkey Corn Dogs, 6 ea	BBQ Chicken, 3 oz	Hamburger, Beef, 1 each
Vegetable	1/4 Cup	Green Beans, 1/4 cup	Corn, 1/4 cup	Baked Beans, 1/4 cup	Corn, 1/4 cup	Broccoli, 1/4 cup
Fruit	1/2 Cup	Fruit Cocktail, 1/2 cup	Diced Peaches, 1/2 cup	Mandarin Oranges, 1/2 cup	Stewed Apples, 1/2 cup	Applesauce, 1/2 cup
Grain	1oz eq or 1/2C	Pasta, 1/2 cup	Rice 1/2 cup	Grain on Corn Dogs	Rice 1/2 cup	Hamburger Bun, 1 each
1%/Non-fat Milk	1 cup	1% or Nonfat Milk	1% or Nonfat Milk	1% or Nonfat Milk	1% or Nonfat Milk	1% or Nonfat Milk
LUNCH WEEK 2	Serving Size	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat/MA	2 oz	Teriyaki Chicken, 3 oz	Baked Beef Macaroni, 1 cup	Hot Dog, Turkey, 1 each	Sweet & Sour Chicken, 3 oz	BBQ Meatballs, 8 each
Vegetable	1/4 Cup	Corn, 1/4 cup	Green Beans, 1/4 cup	Corn, 1/4 cup	Green Peas, 1/4 cup	Broccoli, 1/4 cup
Fruit	1/2 Cup	Mandarin Oranges, 1/2 cup	Crushed Pineapple, 1/2 cup	Fruit Cocktail, 3/4 cup	Diced Peaches, 1/2 cup	Applesauce, 1/2 cup
Grain	1 oz eq or 1/2C	Rice 1/2 cup	Pasta 1/2 cup	Hot Dog Bun, 1 each	Rice 1/2 cup	Rice 1/2 cup
1%/Non-fat Milk	1 cup	1% or Nonfat Milk	1% or Nonfat Milk	1% or Nonfat Milk	1% or Nonfat Milk	1% or Nonfat Milk