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
	Serving					
LUNCH WEEK 2	Size	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat/MA	Size	Teriyaki Chicken, 3 oz	Baked Beef Macaroni, 1 cup	Hot Dog, Turkey, 1 each	Sweet & Sour Chicken, 3 oz	BBQ Meatballs, 8 each
	Size 2 oz	Teriyaki Chicken, 3	Baked Beef	Hot Dog, Turkey, 1	Sweet & Sour	BBQ Meatballs, 8
Meat/MA Vegetable	Size 2 oz	Teriyaki Chicken, 3 oz	Baked Beef Macaroni, 1 cup Green Beans, 1/4	Hot Dog, Turkey, 1 each	Sweet & Sour Chicken, 3 oz	BBQ Meatballs, 8 each
Meat/MA Vegetable	Size 2 oz 1/4 Cup 1/2 Cup	Teriyaki Chicken, 3 oz Corn, 1/4 cup Mandarin Oranges,	Baked Beef Macaroni, 1 cup Green Beans, 1/4 cup Crushed Pineapple,	Hot Dog, Turkey, 1 each Corn, 1/4 cup Fruit Cocktail, 3/4	Sweet & Sour Chicken, 3 oz Green Peas, 1/4 cup Diced Peaches, 1/2	BBQ Meatballs, 8 each Broccoli, 1/4 cup Applesauce, 1/2
Meat/MA Vegetable Fruit	Size 2 oz 1/4 Cup 1/2 Cup 1 oz eq or 1/2C 1 cup	Teriyaki Chicken, 3 oz Corn, 1/4 cup Mandarin Oranges, 1/2 cup	Baked Beef Macaroni, 1 cup Green Beans, 1/4 cup Crushed Pineapple, 1/2 cup	Hot Dog, Turkey, 1 each Corn, 1/4 cup Fruit Cocktail, 3/4 cup Hot Dog Bun, 1	Sweet & Sour Chicken, 3 oz Green Peas, 1/4 cup Diced Peaches, 1/2 cup	BBQ Meatballs, 8 each Broccoli, 1/4 cup Applesauce, 1/2 cup