

Menu for Lunch 7/1-7/5

Serve all five components

	Monday	Tuesday	Wednesday	Thursday	Friday
Meal	Breakfast for Lunch	Taco Salad w/ corn salsa & chips	Dino Chicken Dunkers	NO Meals! Happy 4th	Make Your Own Pizza
MILK: 1 cup (8 fl.oz.)	Chocolate milk	Chocolate milk	Chocolate milk		Chocolate milk
FRUITS and VEGETABLES: - ¾ cup total - Must serve at least 2 different kinds - Cannot be of the same variety e.g., apple and apple juice - 100% juice may count for no more than half this requirement	Fresh Strawberries	#1 Shredded Lettuce	#1 Cucumber slices w/ ranch dip		#1 Carrots and sunbutter
	Apple slices	#2 Mild Corn and Tomato Salsa	#2 banana		#2 Pineapple
GRAINS/BREADS: 1 serving (1 slice of bread; ½ cup of cooked pasta or grain).*	WG maple pancakes	WG Cheddar Sun Chips	WG Chicken Nugget Breading		WG flat Bread
MEAT/MEAT ALTERNATES: (2 oz. cooked meat or cheese; ½ cup cooked dry beans; 1 lg. egg, 1 cup or 8 oz. yogurt)*	Large Hard boiled Egg Yogurt	-Beef Taco meat -Cheddar cheese -sour cream	Dino Chicken Nuggets w/ dipping sauce		-Turkey Pepperoni -Shredded Cheese (sun butter with carrots)
SNACK:	Watermelon and Cheese Stick	WG Rice Krispy Treats with sliced oranges	WG Strawberry Yogurt Chex Mix with Fresh Fruit		WG Snack Bar w/ Choice Fresh Fruit

*Food item examples are not exhaustive; see USDA's [Summer Food Service Program for Children Nutrition Guide](#) for more information.