



2021 SUMMER FOOD SERVICE PROGRAM

BREAKFAST & SNACK and Covid-19 Grab-n-Go

R3.27.21



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CYCLE 1</p> <p>Breakfast 1 oz. Cereal Bowl 1 ea. *1 c Fresh Fruit 1 ea. 8 oz. 1% Milk 1 ea.</p> <p>Snack *1 c Fresh Fruit 1 ea. Teddy Grahams 1 oz 1 ea.</p>	<p>CYCLE 1</p> <p>Breakfast 2 oz. IW Cinnamon Raisin Roll 1 ea. *6 oz Fruit Juice 100% 1 ea. 8 oz. 1% Milk. 1 ea.</p> <p>Snack 6 oz Fruit Juice 100% 1 ea. 2 oz. IW Cinnamon Raisin Roll 1 ea. *served with 1 margarine and 1 jelly PC</p>	<p>CYCLE 1</p> <p>Breakfast 1 oz. Cereal Bowl 1 ea. *1 c Fresh Fruit 1 ea. 8 oz. 1% Milk. 1 ea.</p> <p>Snack *1 c Fresh Fruit 1 ea. *.75 oz Cheddar Goldfish 1 ea. 1oz Grain eq</p>	<p>CYCLE 1</p> <p>Breakfast 2 oz. WG Fruit Muffin 1 ea. *1 c Fresh Fruit 1 ea. 8 oz. 1% Milk. 1 ea.</p> <p>Snack *1 c Fresh Fruit 1 ea. 2 oz. WG Fruit Muffin 1 ea.</p>	<p>CYCLE 1</p> <p>Breakfast 1.5 oz. Granola Bar 2 pk/42g ea. 1 ea. *6 oz Fruit Juice 100% 1 ea. 8 oz. 1% Milk. 1 ea.</p> <p>Snack 6 oz Fruit Juice 100% 1 ea. 1oz Animal Crackers 1 ea.</p>
<p>CYCLE 2</p> <p>Breakfast 1 oz. Cereal Bowl. 1 ea. *1 c Fresh Fruit 1 ea. 8 oz. 1% Milk. 1 ea.</p> <p>Snack *1 c Fresh Fruit 1 ea. 1.5 oz. Granola Bar 2 pk/42g ea. 1 ea.</p>	<p>CYCLE 2</p> <p>Breakfast 2 oz. IW WG Potato Bun 1 ea. *6 oz Fruit Juice 100% 1 ea. 8 oz. 1% Milk. 1 ea.</p> <p>Snack *6 oz Fruit Juice 100% 1 ea. 2 oz. IW WG Potato Bun 1 ea. *served with 1 margarine and 1 jelly PC</p>	<p>CYCLE 2</p> <p>Breakfast 1 oz. Cereal Bowl 1 ea. *1 c Fresh Fruit 1 ea. 8 oz. 1% Milk. 1 ea.</p> <p>Snack *1 c Fresh Fruit 1 ea. *.75 oz Goldfish Pretzels 1 ea. 1oz Grain eq</p>	<p>CYCLE 2</p> <p>Breakfast 2 oz. WG Fruit Muffin 1 ea. *1 c Fresh Fruit 1 ea. 8 oz. 1% Milk. 1 ea.</p> <p>Snack *1 c Fresh Fruit 1 ea. 2 oz. WG Fruit Muffin 1 ea.</p>	<p>CYCLE 2</p> <p>Breakfast 1.5 oz. Granola Bar 2 pk/42g ea. 1 ea. *6 oz Fruit Juice 100% 1 ea. 8 oz. 1% Milk. 1 ea.</p> <p>Snack 6 oz Fruit Juice 100% 1 ea. 1 oz WG Bug Bite Grahams 1 ea.</p>
<p>CYCLE 3</p> <p>Breakfast 1 oz. Cereal Bowl 1 ea. *1 c Fresh Fruit 1 ea. 8 oz. 1% Milk. 1 ea.</p> <p>Snack *1 c Fresh Fruit 1 ea. Teddy Grahams 1 oz 1 ea.</p>	<p>CYCLE 3</p> <p>Breakfast 2 oz. IW Brioche Roll 1 ea. *6 oz Fruit Juice 100% 1 ea. 8 oz. 1% Milk. 1 ea.</p> <p>Snack 6 oz Fruit Juice 100% 1 ea. 2 oz. IW Brioche Roll 1 ea. *served with 1 margarine and 1 jelly PC</p>	<p>CYCLE 3</p> <p>Breakfast 1 oz. Cereal Bowl. 1 ea. *1 c Fresh Fruit 1 ea. 8 oz. 1% Milk. 1 ea.</p> <p>Snack *1 c Fresh Fruit 1 ea. 1 oz. WG Bug Bite Grahams. 1 ea.</p>	<p>CYCLE 3</p> <p>Breakfast 2 oz. WG Oat Bran Muffin 1 ea. *1 c Fresh Fruit 1 ea. 8 oz. 1% Milk. 1 ea.</p> <p>Snack *1 c Fresh Fruit 1 ea. 2 oz. WG Oat Bran Muffin 1 ea.</p>	<p>CYCLE 3</p> <p>Breakfast 1.5 oz. Granola Bar 2 pk/42g ea. 1 ea. *6 oz Fruit Juice 100% 1 ea. 8 oz. 1% Milk. 1 ea.</p> <p>Snack 6 oz Fruit Juice 100% 1 ea. 1 oz Animal Crackers 1 ea.</p>
<p>*we serve ½ c extra fruit at breakfast and ¼ c extra fruit at snack</p>	<p>*we serve 2 oz. extra juice at breakfast</p>	<p>*we serve ½ c extra fruit at breakfast and ¼ c extra fruit at snack *see Nutrition certification statement that .75oz serving is 1oz Grain equivalent</p>	<p>*we serve ½ c extra fruit at breakfast and ¼ c extra fruit at snack</p>	<p>*we serve 2 oz. extra juice at breakfast</p>