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Week of July 8th & July 29th

	MONDAY 7/8/24 7/29/24	TUESDAY 7/9/24 7/30/24	WEDNESDAY 7/10/24 7/31/24	THURSDAY 7/11/24 8/1/24	FRIDAY 7/12/24 8/2/24
BREAKFAST: Milk Vegetables, Fruits or portions of both Grains (3 of the 5 components Listed above)	1/2 oz. WG Cereal 1/2 c. Strawberries 3/4 c. Skim Milk <i>1/2 sl. WG Toast may also be served</i>	1/2 c Scrambled Eggs 1/2 sl. WG Toast 1/2 c. Juice 3/4 c. Skim Milk	1 WG French Toast Stick 2 Sausage Links 1/2 c. Oranges 3/4 c. Skim Milk	1/2 Blueberry Muffin 1/2 c. Applesauce 3/4 c. Skim Milk	1/2 WG Bagel w/ light cream cheese 1/2 c. Pineapple Chunks 3/4 c. Skim Milk
LUNCH: Milk Meat or Meat Alternate Vegetables Fruits Grains	1 Chicken Strip or 4 nuggets 1/4 c. Peas & Carrots 1/4 c. Tropical Fruit 1/2 sl. WG Bread or Dinner Roll 3/4 c. Skim Milk	1/2 Grilled Ham & Cheese Sandwich 1/4 c. Baked Beans 1/4 c. Pears 3/4 c. Skim Milk	2/3 c. Tator Tot Casserole 1/4 c. Mangos 1/2 sl. WG Dinner Roll 3/4 c. Skim Milk	Cook's Choice **Must provide WG	1 Cheeseburger w/WG Bun 1/4 c. Sweet Potato Fries or Tots 1/4 c. Mandarin Oranges 3/4 c. Skim Milk
PM SNACK: (2 of the 5 components listed above)	4 Club Crackers 1/2 oz. Cheese Sticks	1/2 oz. Cheerios 1/2 c. Sliced Grapes	2 Graham Crackers 3/4 c. Skim Milk	1/4 c. Yogurt 1/2 c. Bananas	

Water available at meals/snacks and throughout the day.

WG = Whole Grain Source

Read about Food with your Child

- Mrs. Peanuckle's Fruit Alphabet, by Mrs. Peanuckle and Jessie Ford
- Apples by Gail Gibbons
- A Fruit is a Suitcase for Seeds by Jean Richards, Anca Hariton (Illustrator)
- The Fruits We Eat by Gail Gibbons.

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Week of July 15th & August 5th

	MONDAY 7/15/24 8/5/24	TUESDAY 7/16/24 8/6/24	WEDNESDAY 7/17/24 8/7/24	THURSDAY 7/18/24 8/8/24	FRIDAY 7/18/24 8/9/24
BREAKFAST: Milk Vegetables, Fruits or portions of both Grains (3 of the 5 components Listed above)	1/2 oz. Approved Cereal 1/2 c. Pears 3/4 c. Skim Milk <i>1/2 sl. WG Toast may also be served</i>	1 (.7 oz.) WG Pancake 1/2 c. Oranges 3/4 c. Skim Milk	1/2 WG English Muffin 1/2 oz. Cheddar Cheese Slices 1/2 c. Blueberries 3/4 c. Skim Milk	1 WG Waffle 2 Sausage Links or patties 1/2 c. Banana 3/4 c. Skim Milk	1/2 oz. WG Cereal 1/2 c. Pineapple 3/4 c. Skim Milk <i>1/2 sl. WG Toast may also be served</i>
LUNCH: Milk Meat or Meat Alternate Vegetables Fruits Grains	4 Chicken Nuggets or 1 Chicken Patty 1/2 WG Dinner Roll 1/4 c. Broccoli 1/4 c. Carrots 3/4 c. Skim Milk	2/3 c. Cheesy Tuna Noodle Casserole 1/4 c. California Mixed Vegetables 1/4 c. Peaches 3/4 c. Skim Milk	1 Turkey & Cheese Sub Sandwich (w/WG Hot Dog Bun) 1/4 c. Mixed Vegetables 1/4 c. Grapes (cut in 1/2) 3/4 c. Skim Milk	1 Tavern w/ WG Bun 1/4 c. Baked Fries or Tots 1/4 c. Bakes Beans 3/4 c. Skim Milk	1 1/2 oz Taco Haystacks w/ WG Softshell for EHS 1/4 c. Shredded Lettuce 1/4 c. Shredded Cheese 1/4 c. seedless Watermelon 3/4 c. Skim Milk
PM SNACK: (2 of the 5 components listed above)	6 WG Wheat Thins 1/2 oz. cheese cubes	1 Yogurt Parfait: Yogurt, Granola, Fruit	1/4 c. Oyster Crackers 1/2 c. 100% Juice	1/2 c. Strawberries 1/4 c. Cottage Cheese	

Water available at meals/snacks and throughout the day.

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Week of July 22nd & August 12th

	MONDAY 7/22/24 8/12/24	TUESDAY 7/23/24 8/13/24	WEDNESDAY 7/24/24 8/14/24	THURSDAY 7/25/24 8/14/24	FRIDAY 7/26/24 8/15/24
BREAKFAST: Milk Vegetables, Fruits or portions of both Grains (3 of the 5 components Listed above)	1/2 oz. WG Cereal 1/2 c. 100% Juice 3/4 c. Skim Milk <i>1/2 sl. WG Toast may also be served</i>	1/2 oz. Scrambled Eggs & Cheese 1/2 WG Toast 1/2 c. Banana 3/4 c. Milk	1 (.7 oz.) WG Waffle 1/2 c. Strawberries 3/4 c. Skim Milk	Class Choice	1/2 WG Toast 1/2 oz. Cheese Slice 1/2 c. 100 % Juice 3/4 c. Skim Milk
LUNCH: Milk Meat or Meat Alternate Vegetables Fruits Grains	4 Fish Nuggets or 1 Fish Fillet 1/4 c. Peas 1/4 c. Pears 1/2 sl. WG Bread or Dinner Roll 3/4 c. Skim Milk	2/3 c. Chicken Noodle Cas-serole 1/4 c. Pears 1/4 c. Mangos 3/4 c. Skim Milk	1 pc. Beef & Cheese Pizza 1/4 c. Spinach or lettuce salad 1/4 c. Tropical Fruit 3/4 c. Skim Milk	2/3 c. Cavatina 1/4 c. Green Beans 1/4 c. Peaches 3/4 c. Skim Milk	2/3 c. Macaroni & Cheese 1/2 oz. Ham 1/4 c. Broccoli 1/4 c. Mandarin Oranges 3/4 c. Skim Milk
PM SNACK: (2 of the 5 components listed above)	6 WG Teddy Grahams 1/2 oz. Cheese Cubes	1/4 c. Yogurt 1/2 c. Blueberries	1/2 oz. Gold Fish Crackers 1/2 c. 100% Juice	1/2 c. Applesauce 2 Graham Crackers	

Water available at meals/snacks and throughout the day.

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Food Safety

- To keep refrigerated foods safe, check the temperature in your refrigerator periodically. The best temperature is between 36 degrees and 38 degrees.
- Put a kitchen thermometer in a glass of water and place in the refrigerator overnight. If the temperature is above or below the recommended range, adjust the thermostat slightly and allow 24 hours for the temperature to adjust. After reaching the right temperature, keep refrigerator full to improve efficiency.