

values are rounded to nearest whole number

DAILY Breakfast and Lunch.	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Milk 1% (Low Fat)	1	carton	100	8	12	3
Milk Fat Free (Skim)	1	carton	90	8	12	0
Milk, Chocolate Fat Free	1	carton	140	8	26	0
Please See last several pages of this listing for more options on Fruit types and misc. recipe/ingredient breakdowns. The Summer Program Menu is a two-week rotation, alternating every other week. Length of Summer Program / Service varies by location. Menu Subject to change; other entrees and side dishes may be offered pending availability.						
<i>Monday Breakfast May 30 -Memorial Day (no Service)</i>						
Monday Breakfast June 12						
Monday Breakfast June 26						
Monday Breakfast July 10						
Pancakes - Cinnamon Glazed, Whole Grain, Packaged	1	pkq (3 oz.)	220	4	35	7
<i>Alternatively, whole grain pancakes (not packaged) may be available:</i>						
Pancakes, Whole Grain	2	Pancakes =	153	3	27	4
Pancake Syrup Packet	1 packet=	-2-2/3 Tbsp	120	0	31	0
String Cheese	1 OZ.	Stick	80	6	0	6
100 % Orange Juice 4 fl-oz. carton	1 each =	half cup fruit	61	0	14	0
<i>(other fruits (canned or fresh) may be also available at breakfast. See listing below)</i>						
Monday Breakfast June 5						
Monday Breakfast June 19						
Monday Breakfast July 3						
Monday Breakfast July 17						
Oatmeal Raisin Whole Grain Breakfast bar	1	bar	250	6	44	7
OR "Zany" Zucchini Bread (Whole Grain)	1	slice	270	5	43	10
OR WG Banana Bread (Whole Grain)	1	Slice	291	5	46	10
OR Maple Whole Grain Breadsticks (2)	2	breadsticks=	240	6	46	5
Scrambled Eggs	2 oz.	serving	90	6	2	6
OR String Cheese	1 OZ.	Stick	80	6	0	6
100 % Orange Juice 4 fl-oz. carton	1 each =	half cup fruit	61	0	14	0
<i>(other fruits (canned or fresh) may be also available at breakfast. See listing below)</i>						
<i>Monday Lunch May 30 -Memorial Day (no Service)</i>						
Monday Lunch June 12						
Monday Lunch June 26						
Monday Lunch July 10						
Bean & Cheese Burrito (bean & cheese in whole grain tortilla wrapper)	1	burrito (5.2oz)	291	16	41	8
Salsa	1	quarter cup	21	0	4	0
<i>On Occasion, some sites may offer Baked Chicken instead of burrito:</i>						
Baked, Whole grain Breaded Chicken	1	ave. serving	215	12	11	13
Roasted Seasoned, cubed Potatoes or	1	quarter cup	66	1	9	3
Baked Sweet Potato Waffle Cut Fries	1	quarter cup	131	1	21	4
Baked Seasoned "Curly" Fries	1	quarter cup	74	1	9	4
Baked "Shoestring" style fries	1	quarter cup	56	1	8	2
Tropical Fruit Mix	1	half cup	109	0	26	0
Monday Lunch June 5						
Monday Lunch June 19						
Monday Lunch July 3						
Monday Lunch July 17						
Hot Dog on Whole Grain Bun (hot dogs are made with turkey)	1	hot dog on bun	260	14	30	10
Ketchup Packet	1 each	packet	10	0	3	0
Mustard Packet	1 each	packet	3	0	0	0
Roasted Seasoned, cubed Potatoes or	1	quarter cup	66	1	9	3
Baked Sweet Potato Waffle Cut Fries	1	quarter cup	131	1	21	4
Baked Seasoned "Curly" Fries	1	quarter cup	74	1	9	4
Baked "Shoestring" style fries	1	quarter cup	56	1	8	2
Peaches	1	half cup	78	1	20	0
Tuesday Breakfast May 31						
Tuesday Breakfast June 13						
Tuesday Breakfast June 27						
Tuesday Breakfast July 11						
Breakfast Burrito - egg & cheese in a whole grain flour tortilla wrapper	1	birrotq	153	3	27	4
Salsa	1	quarter cup	21	0	4	0
<i>On Occasion, some sites may offer Cheese Crisp instead of Breakfast Burrito:</i>						
Cheese Crisp (Cheese in Whole Grain Tortillas)	2	each	328	18	24	19
100 % Orange Juice 4 fl-oz. carton	1 each =	half cup fruit	61	0	14	0
<i>(other fruits (canned or fresh) may be also available at breakfast. See listing below)</i>						
Tuesday Breakfast June 6						
Tuesday Breakfast June 20						
<i>Tuesday Breakfast July 4 - Fourth of July, No service today</i>						
Tuesday Breakfast July 18						
Pancakes - Cinnamon Glazed, Whole Grain, Packaged	1	pkq (3 oz.)	220	4	35	7
<i>Alternatively, whole grain pancakes (not packaged) may be available:</i>						
Pancakes, Whole Grain	2	Pancakes =	153	3	27	4
Pancake Syrup Packet	1 packet=	-2-2/3 Tbsp	120	0	31	0
String Cheese	1 OZ.	Stick	80	6	0	6
100 % Orange Juice 4 fl-oz. carton	1 each =	half cup fruit	61	0	14	0
<i>(other fruits (canned or fresh) may be also available at breakfast. See listing below)</i>						
Tuesday Lunch May 31						
Tuesday Lunch June 13						
Tuesday Lunch June 27						
Tuesday Lunch July 11						
Corn Dog Whole Grain	1	corn dog	234	9	29	9
Ketchup Packet	1	packet	10	0	3	0
Mustard Packet	1	packet	3	0	1	0

Ranch Style Beans	1	quarter cup	65	3	11	1
OR Baked Beans	1	quarter cup	75	3	15	0
OR Refried Home-style Beans	1	quarter cup	109	5	12	4
Peaches	1	half cup	78	1	20	0
Tuesday Lunch June 6						
Tuesday Lunch June 20						
<i>Tuesday Lunch July 4 - Fourth of July, No service today</i>						
Tuesday Lunch July 18						
Sonoran Fiesta Rice Bowl (with seasoned ground beef)	1 serving	summer recipe	457	20	57	17
<i>Alternatively, another rice bowl may be offered</i>						
Fiesta Chicken Rice bowl (with seasoned chicken Fajita Strips)	1 serving	summer recipe	466	18	57	18
Fiesta Chicken Rice bowl (with shredded seasoned chicken)	1 serving	summer recipe	432	20	57	14
Salsa	1	quarter cup	21	0	4	0
Sweet Corn	1	quarter cup	28	1	6	0
Tropical Fruit Mix	1	half cup	108	0	26	0
OR Mandarin Oranges	1	half cup	80	0	21	0
Wednesday Breakfast May 31; June 7, 14, 21, 28; July 5, 12, & 19 (every Wednesday)						
Sunrise Sandwich (Egg, Cheddar, & Bacon on Whole Grain Bun)	1	sandwich	270	19	24	12
Sunrise Sandwich (without Bacon)	1	sandwich	235	16	24	9
<i>Alternatively, the Sunrise sandwich may be served on a WG English Muffin.</i>						
Sunrise Sandwich (Egg, Cheddar, & Bacon on Whole Grain English Muffin)	1	sandwich	260	16	25	7
Sunrise Sandwich (without Bacon)	1	sandwich	225	14	25	8
100 % Orange Juice 4 fl-oz. carton	1 each =	half cup fruit	61	0	14	0
<i>(other fruits (canned or fresh) may be also available at breakfast. See listing below)</i>						
Wednesdays' Menus continue on next page.	1	half cup fruit	varies			
Wednesday Lunch May 31						
Wednesday Lunch June 14						
Wednesday Lunch June 28						
Wednesday Lunch July 12						
Sonoran Fiesta Rice Bowl (with seasoned ground beef)	1 serving	summer recipe	457	20	57	17
<i>Alternatively, another rice bowl may be offered</i>						
Fiesta Chicken Rice bowl (with seasoned chicken Fajita Strips)	1 serving	summer recipe	466	18	57	18
Fiesta Chicken Rice bowl (with shredded seasoned chicken)	1 serving	summer recipe	432	20	57	14
Broccoli Parmesan	1	quarter cup	16	1	3	0
Or California Blend veggies	1	quarter cup	14	1	2	0
Or Peas & Carrots	1	quarter cup	19	1	4	0
Salsa	1	quarter cup	21	0	4	0
Mandarin Oranges (May 31)	1	half cup	80	0	21	0
Fresh Orange Quarters (June 14, 28; July 12)	4 qtrs=	half cup fruit	64	1	16	0
Wednesday Lunch June 7						
Wednesday Lunch June 21						
Wednesday Lunch July 5						
Wednesday Lunch July 19						
Pizza Pepperoni Personal Size	1 each	1 serving	336	18	35	14
Pizza cheese only Personal Size	1 each	1 serving	310	17	35	12
Broccoli Parmesan	1	quarter cup	16	1	3	0
Or California Blend veggies	1	quarter cup	14	1	2	0
Or Peas & Carrots	1	quarter cup	19	1	4	0
Fresh Orange Quarters	4 qtrs=	half cup fruit	64	1	16	0
Thursday Breakfast June 1						
Thursday Breakfast June 15						
Thursday Breakfast June 29						
Thursday Breakfast July 13						
Oatmeal Raisin Whole Grain Breakfast bar	1	bar	250	6	44	7
OR "Zany" Zucchini Bread (Whole Grain)	1	slice	270	5	43	10
OR WG Banana Bread (Whole Grain)	1	slice	291	5	46	10
OR Maple Whole Grain Breadsticks (2)	2	breadsticks=	240	6	46	5
Scrambled Eggs	2 oz.	1 serving	90	6	2	6
OR String Cheese	1 OZ.	1 Stick	80	6	0	6
100 % Orange Juice 4 fl-oz. carton	1 each =	half cup fruit	61	0	14	0
<i>(other fruits (canned or fresh) may be also available at breakfast. See listing below)</i>						
Thursdays' Menus (Lunch) Continue on Next Page:	1	half cup fruit	varies			
Thursday Breakfast June 8						
Thursday Breakfast June 22						
Thursday Breakfast July 6						
Thursday Breakfast July 20						
Mini WG Bagel	1 bagel	K-5	70	2	15	0
Mini WG Bagels	2 bagels	6-12th grades	140	4	30	0
Cream Cheese	1 OZ.	packet	70	2	1	6
String Cheese	1 OZ.	Stick	80	6	0	6
<i>Alternatively - some sites may offer instead of mini bagel(s)</i>						
Whole Grain English Muffin	1 muffin	K-12	120	5	24	2
Jelly, grape	2	teaspoons =	37	0	10	0
100 % Orange Juice 4 fl-oz. carton	1 each =	half cup fruit	61	0	14	0
<i>(other fruits (canned or fresh) may be also available at breakfast. See listing below)</i>						
Thursday Lunch June 1						
Thursday Lunch June 15						
Thursday Lunch June 29						
Thursday Lunch July 13						
Asian Chicken Nuggets (whole grain breaded chicken chunks in sweet asian glaze)	6 nuggets	all grades	320	24	28	14
<i>Alternatively, the following entrée(s) may be offered:</i>						
OR Cherry Blossom Chicken (breaded, whole grain popcorn chicken, cherry blossom sauce)	3.9 oz.	1 serving	192	12	26	4
OR General Tso's Chicken (breaded whole grain popcorn chicken General Tso's sauce)	3.9 oz.	1 serving	200	14	26	4
OR Honey Sriracha Chicken (breaded whole grain popcorn chicken, Honey Sriracha Sauce)	3.9 oz.	1 serving	210	12	24	6

OR Sweet & Sour Chicken Stir Fry (unbreaded chicken strips in traditional Sweet & Sour Sauce)	6.5 oz.	-serving	184	14	11	7
OR Sweet & Sour Lemon Chicken Stir Fry	6.3 oz..	-serving	230	15	24	7
Fried WG Rice "Summer Recipe"	6.5 oz.	-serving by weight	204	5	39	4
Stir Fry Vegetable Blend (June 1)	1	quarter cup	16	0	2	0
Baby Carrots, packaged (June 15, 29, & July 13)	1 pkg=	quarter cup	15	0	3	0
Ranch Dressing for dip	1	small packet	60	0	0	6
Applesauce Cup, Packaged with Brand Name: All Varieties	1 each =	half cup	90	0	22	0
OR Applesauce Unsweetened (on trayline or in food service plastic serving cups)	1 each =	half cup	45	0	11	0
Thursday Lunch June 8						
Thursday Lunch June 22						
Thursday Lunch July 6						
Thursday Lunch July 20						
	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Sweet & Sour Chicken (Breaded Whole Grain Nuggets & homemade, lemon based sweet & sour sauce)	5 nuggets	6-7-8th total =	353	16	40	15
<i>Alternatively, the following entrée(s) may be offered:</i>						
OR Cherry Blossom Chicken (breaded, whole grain popcorn chicken, cherry blossom sauce)	3.9 oz.	-serving	192	12	26	4
OR General Tso's Chicken (breaded whole grain popcorn chicken General Tso's sauce)	3.9 oz.	-serving	200	14	26	4
OR Honey Sriracha Chicken (breaded whole grain popcorn chicken, Honey Sriracha Sauce)	3.9 oz.	-serving	210	12	24	6
OR Asian Chicken Nuggets (whole grain breading / sweet asian glaze)	6 nuggets	all grades	320	24	28	14
OR Sweet & Sour Chicken Stir Fry (unbreaded chicken strips in traditional Sweet & Sour Sauce)	6.5 oz.	-serving	184	14	11	7
OR Sweet & Sour Lemon Chicken Stir Fry (unbreaded chicken strips in homemade, lemon sauce based Sweet & Sour glaze)	6.3 oz..	-serving	230	15	24	7
Fried WG Rice "Summer Recipe"	6.5 oz.	-serving by weight	204	5	39	4
Baby Carrots, packaged	1 pkg=	quarter cup	15	0	3	0
Ranch Dressing for dip	1	small packet	60	0	0	6
Applesauce Cup, Packaged with Brand Name: All Varieties	1 each =	half cup	90	0	22	0
OR Applesauce Unsweetened (on trayline or in food service plastic serving cups)	1 each =	half cup	45	0	11	0
Friday Breakfast June 2						
Friday Breakfast June 16						
Friday Breakfast June 30						
Friday Breakfast July 14						
	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Mini WG Bagel	1 bagel	K-5	70	2	15	0
Mini WG Bagels	2 bagels	6-12th grades	140	4	30	0
Cream Cheese	1 OZ.	packet	70	2	1	6
String Cheese	1 OZ.	Slick	80	6	0	6
<i>Alternatively - some sites may offer instead of mini bagel(s)</i>						
Whole Grain English Muffin	1 muffin	K-12	120	5	24	2
Jelly, grape	2	teaspoons =	37	0	10	0
100 % Orange Juice 4 fl-oz. carton	1 each =	half cup fruit	61	0	14	0
<i>(other fruits (canned or fresh) may be also available at breakfast. See listing below)</i>						
Friday Breakfast June 9						
Friday Breakfast June 23						
Friday Breakfast July 7						
Friday Breakfast July 21						
	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Breakfast Burrito - egg & cheese in a whole grain flour tortilla wrapper	1	birrotop	153	3	27	4
Salsa	1	quarter cup	21	0	4	0
<i>On Occasion, some sites may offer Cheese Crisp instead of Breakfast Burrito:</i>						
Cheese Crisp (Cheese in Whole Grain Tortillas)	2	each	328	18	24	19
100 % Orange Juice 4 fl-oz. carton	1 each =	half cup fruit	61	0	14	0
<i>(other fruits (canned or fresh) may be also available at breakfast. See listing below)</i>						
<i>Fridays' Menus (Lunch) continue on next page:</i>						
Friday Lunch June 2						
Friday Lunch June 16						
Friday Lunch June 30						
Friday Lunch July 14						
	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Chicken Patty (WG) on WG Bun	1	sandwich	390	23	39	17
Ketchup Packet	1	packet	10	0	3	0
Sweet Corn	1	quarter cup	28	1	6	0
Fruit of the Day - will vary - see varieties at end of nutrient listing (thanks!)	1	half cup AVERAGE	61	0	15	0
Friday Lunch June 9						
Friday Lunch June 23						
Friday Lunch July 7						
Friday Lunch July 21						
	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Hamburger with Cheddar Cheese on a WG Bun	1	cheeseburger	305	20	23	16
Hamburger on a WG Bun (no cheese)	1	hamburger	260	17	23	12
Ketchup Packet	1	packet	10	0	3	0
Mustard Packet	1	packet	3	0	1	0
Ranch Style Beans	1	quarter cup	65	3	11	1
OR Baked Beans	1	quarter cup	75	3	15	0
OR Refried Home-style Beans	1	quarter cup	109	5	12	4
Fruit of the Day - will vary - see varieties at end of nutrient listing (thanks!)	1	AVERAGE	61	0	15	0
Fruit selections Vary by season and menu day	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Fresh Fruit in Season (average)	1	Half Cup	48	1	12	0
Apple Slices- red	1 pkg=	Half Cup	29	0	8	0
Apple slices- Green	1 each =	half cup	33	0	8	0
Applesauce Unsweetened	1 each =	half cup	45	0	11	0
Applesauce Cup, Packaged with Brand Name: All flavor Varieties (lightly sweetened) Peterson Farms, Zee-Zees brands, for example	1 each =	half cup	90	0	22	0
Applesauce Cup, Packaged Unsweetened	1 each =	half cup	51	0	22	0
Banana, 1 medium =	1	half cup	105	1	27	0

Cantaloupe Cubed, or wedges to =	1	half cup	26	1	6	0
Fruit Cocktail Lite Syrup	1	half cup	73	0	18	0
Fruit Mix Tropical	1	half cup	109	0	26	0
Fruit Mix (peach-pear-pineapple)	1	half cup	80	0	20	0
Grapes, Green	1	half cup	60	0	16	0
Grapes, red	1	half cup	60	0	16	0
Honeydew Melon Cubed, or wedges to =	1	half cup	33	1	8	0
Juice, Orange	1	4 fluid-oz	55	1	12	0
Kiwi Fruit, 1-1/2 fruits =	1	half cup	63	1	15	1
Oranges, Mandarin (canned)	1	half cup	80	0	21	0
Fresh Orange Quarters	4 qtrs=	half cup fruit	64	1	16	0
Peach Cup, Packaged (from Frozen) 4.4 oz., extra light syrup pack	1 pkg=	half cup fruit	80	0	19	0
Peaches Diced Light Syrup	1	half cup	80	1	20	0
Pears Diced Light Syrup	1	half cup	61	0	16	0
Pineapple Tidbits In Juice	1	half cup	55	0	14	0
Raisins Seedless 1 box dried fruit =	1	half cup	130	1	29	0
Strawberries, fresh	1	half cup	26	0	5	0
Strawberry Cup, Packaged (from Frozen) 4.4 oz., extra light syrup pack	1 pkg=	half cup	90	0	22	0
Strawberries, from frozen whole (rarely used as a stand-alone fruit). These frozen, whole strawberries, after thawing, may appear to be in a (thick) syrup, but this is just the natural juice as it melts out of the berries in thawing.	1	Half Cup	39	0	10	0
Watermelon Cubed, or wedges to =	1	half cup	28	1	7	0
Fruit of the Day - will vary - see varieties at end of nutrient listing (thanks!)	1	AVERAGE	61	0	15	0
Breads - breakdown in the event not consumed or taken	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Biscuit Mini , Whole Grain	1	Biscuit	110	2	15	5
Biscuit, regular size, whole grain	1	biscuit	210	4	27	10
Bread Whole Grain 100%	1 slice	k-8	70	4	12	2
Bread Whole Grain 100%	2 slice	k-8	140	8	24	3
Bread Whole Wheat 100%	1 slice	9-12th grades	100	5	20	2
Bread Whole Wheat 100%	2 slice	9-12th grades	200	10	40	3
Bun Hamburger W W 100%	1	bun	130	7	23	2
Bun Hot Dog Whole Wheat "White-wheat"	1	bun	150	7	29	2
Bun "Star" Shape, Whole Grain	1	bun	140	6	28	1
Bread, flatbread, 1 round =	1	EACH	130	4	26	1
Roll, dinner, whole grain	1	roll (1) =	60	2	13	0
Breads - breakdown in the event not consumed or taken	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Bun Mini "Slider" Roll Whole grain	1	roll (1) =	70	2	14	1
Bun Mini "Slider" Roll Whole grain	2	rolls (2) =	140	4	28	2
Croissant -Whole Grain	1	EA	180	5	30	6
WG Garlic Toast	1	slice	100	3	15	3
Muffin, Mini Corn Muffin (whole grain)	1	mini corn muffin	148	2	23	5
Tortilla Flour 8" dia. Whole Wheat	1	tortilla (1)	120	4	22	3
Tortilla Flour 6" Dia. Whole Wheat "White wheat"	1	tortilla (1)	70	2	12	2
Tortilla Flour 6" Dia. Whole Wheat "White wheat"	2	tortillas (2)	140	4	24	4
Tortilla Corn Whole Grain	1	tortilla (1)	62	2	13	1
Tortilla Corn Whole Grain	2	tortillas (2)	124	3	25	2