



# SCHOOL AGE SERVICES MENU



WEEK 1 Spring / Summer Cycle

CONTACT INFO: KRISTINA OUKA, BLDG.681 / EXT: 7631

USDA Requirements		Monday	Qty	Tuesday	Qty	Wednesday	Qty	Thursday	Qty	Friday	Qty
BREAKFAST	Fluid Milk 2%	Milk	1cup	Milk	1cup	Milk	1cup	Milk	1cup	Milk	1cup
	Fruit, or 100% Juice	Banana	1/2cup	Fruit Cocktail (A&C)	1/2cup	Banana	1/2cup	Mandarin Oranges ( C)	1/2cup	Apricots (A)	1/2cup
	Cereal, Bread or bread alternate	French Toast Sticks	4stks	Flap Jacks	1	Wheat Toast	1	Blueberry Muffins	1	Bagel	1
	+ Additional Food (optional)	Syrup				Plain Omelet	1			Scrambled Egg Sandwhich	1
LUNCH	Fluid Milk 2%	Milk	1cup	Milk	1cup	Milk	1cup	Milk	1cup	Milk	1cup
	Meat/Alternate	Ground Turkey	2oz	Beef Patty	2oz	Mozzarella (A)	1oz	Turkey and Cheese ( C)	4oz	100% Beef Hot Dogs	2oz
	Fruit, or Vegetable	Celery	3/4cup	Coleslaw ( C)	3/4cup	Fruit Cocktail (A&C)	3/4cup	Carrot Sticks (A)	3/4cup	Cucumber Slices	3/4cup
	Fruit, or Vegetable	Papaya Chunks ( C)	3/4cup	Potatoe Skins ( C)	3/4cup	Salad (A&C)	3/4cup	Nectarines (A)	3/4cup	Sweet Potato Fries ( C)	3/4cup
	Bread or bread alternate	Tortilla shell	1	Hamburger Roll	1	French Bread	1	Whole Grain Bread	1	Hot Dog Bun	1
	+ Additional Food (optional)			Ketchup		Pizza Sauce ( C)	1/8cup	Mayonnase/Mustard		Mustard/Ketchup	
PM SNACK	(Choose 2 of these 4) Fluid Milk 2% 1cup			Milk	1 cup						
	Fruit, Vegetable, or 100% Juice	Orange Slices ( C)	1/8 cup			Honeydew Melon ( C)	1/8 cup	100% Juice ( C)	1/8 cup		
	Cereal, Bread or bread alternate	Chips Ahoy	6	Soft Pretzels	1			Mini Muffins	1pkg	Triscuits	7
	Meat and/or Alternate					Yogurt	1cup			String Cheese (A)	1oz

NOTE FROM CYSS NUTRITIONIST: EAT A VARIETY OF FOODS TO GET THE ENERGY, PROTEIN, VITAMINS, MINERALS, AND FIBER YOU NEED FOR GOOD HEALTH  
 VITAMIN C SOURCE SERVED DAILY AND VITAMIN A SOURCE SERVED AT LEAST TWICE A WEEK.  
 MILK: 1% FOR CHILDREN 2 YEARS AND OLDER, WHOLE MILK FOR CHILDREN UNDER 2 YEARS.

- \* Second choice for breakfast will be ready to eat cereal and the other sides
- \* Second choice for lunch will be a sandwhich on whole grain bread (grilled cheese,or turkey and cheese) and the rest of the sides



# SCHOOL AGE SERVICES MENU



WEEK 2 Spring / Summer Cycle

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USDA Requirements		Monday	Qty	Tuesday	Qty	Wednesday	Qty	Thursday	Qty	Friday	Qty
BREAKFAST	Fluid Milk	Milk	1 cup	Milk	1 cup	Milk	1 cup	Milk	1 cup	Milk	1 cup
	Fruit, or 100% Juice	Banana	1	Fruit Cocktail (A&C)	1/2 cup	Orange Juice ( C )	1/2 cup	Pineapple Chunks ( C )	1/2 cup	Peach Slices (A)	1/2 cup
	Cereal, Bread or bread alternate	Bagels	1	English Muffins	1	Cinnamon Rolls	1	Blueberry Muffins	1	Cereal	1
	+ Additional Food (optional)	Cream Cheese	1oz	Scrambled Eggs	1						
LUNCH	Fluid Milk	Milk	1 cup	Milk	1 cup	Milk	1 cup	Milk	1 cup	Milk	1 cup
	Meat/Alternate	Baked Chicken Breast Strips	4oz	Sloppy Joe Meat Sauce	4oz	Cod Nuggets	4oz	Chicken Salad	4oz	Meatballs	4oz
	Fruit, or Vegetable	Green Beans (A)	3/4 cup	Potato Salad ( C )	3/4 cup	Sweet Potato Fries ( C )	3/4 cup	Shredded Carrots & Lettuce (A)	3/4 cup	Salad let/tom/cuc (A&C)	3/4 cup
	Fruit, or Vegetable	Watermelon ( C )	3/4 cup	Honeydew Melon ( C )	3/4 cup	Grapefruit Slices ( C )	3/4 cup	Peaches (A)	3/4 cup	Tomato Sauce ( C )	3/4 cup
	Bread or bread alternate	Macaroni Salad	1/2 cup	Hamburger Roll	1	Bread Sticks	1	Pita Bread	1	Spaghetti	1
	+ Additional Food (optional)					Tartar Sauce/Ketchup				Salad Dressing	7oz
PM SNACK	(Choose 2 of these 4) Fluid Milk 2% 1 cup										
	Fruit, Vegetable, or 100% Juice	100 % Fruit Juice Pops ( C )	1/8 cup	Canned Fruit ( C )	1/8 cup			100% Fruit Juice ( C )	1/8 cup	Plums	1/8 cup
	Cereal, Bread or bread alternate	Goldfish	3/4 oz	Graham Crackers	4squ	Teddy Grahms	20	Fig Newtons	4	Cheese it Crackers	14
	Meat and/or Alternate					Yogurt (A)	1/8 cup				

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# SCHOOL AGE SERVICES MENU



WEEK 3 Spring / Summer Cycle

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USDA Requirements		Monday	Qty	Tuesday	Qty	Wednesday	Qty	Thursday	Qty	Friday	Qty
BREAKFAST	Fluid Milk	Milk	1 cup	Milk	1 cup	Milk	1 cup	Milk	1 cup	Milk	1 cup
	Fruit, or 100% Juice	Banana	1	Fruit Cocktail (A&C)	1/2 cup	Orange Juice ( C )	1/2 cup	Pineapple Chunks ( C )	1/2 cup	Peach Slices (A)	1/2 cup
	Cereal, Bread or bread alternate	Bagels	1	English Muffins	1	Cinnamon Rolls	1	Blueberry Muffins	1	Cereal	1
	+ Additional Food (optional)	Cream Cheese	1oz	Scrambled Eggs (A)	1						
LUNCH	Fluid Milk	Milk	1 cup	Milk	1 cup	Milk	1 cup	Milk	1 cup	Milk	1 cup
	Meat/Alternate	Tuna Salad	4oz	BBQ Pulled Pork	4oz	100 % Macaroni and chesse (A)	4oz	Turkey and Cheese (A)	4oz	Cheese Tortellini (A)	4oz
	Fruit, or Vegetable	Lettuce/Tomato (A&C)	3/4 cup	Coleslaw	3/4 cup	Green Beans (A)	3/4 cup	Carrot Sticks (A)	3/4 cup	Cucumber Slices	3/4 cup
	Fruit, or Vegetable	Watermelon ( C )	3/4 cup	Cantaloupe ( C )	3/4 cup	Mandarin Oranges ( C )	3/4 cup	Peaches (A)	3/4 cup	Tomato Sauce ( C )	3/4 cup
	Bread or bread alternate	Whole Wheat Bread	2	Hamburger Roll	1	Bread Sticks	1	Whole Grain Bread	1	Tortellini	1cup
	+ Additional Food (optional)							Mayonaise	1oz	Salad Dressing	2 Tbs
PM SNACK	(Choose 2 of these 4) Fluid Milk 2% 1 cup										
	Fruit, Vegetable, or 100% Juice	100 % Fruit Juice Pops ( C )	1/8 cup	Canned Fruit ( C )	1/8 cup			100% Fruit Juice ( C )	1 cup	Plums	1
	Cereal, Bread or bread alternate	Goldfish	3/4 oz	Graham Crackers	4squ	Teddy Grahms	20	Fig Newtons	4	Cheese it Crackers	14
	Meat and/or Alternate					Yogurt (A)	6 oz				

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# SCHOOL AGE SERVICES MENU



WEEK 4 Spring / Summer Cycle

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BREAKFAST	Fluid Milk	Milk	1 cup	Milk	1 cup	Milk	1 cup	Milk	1 cup	Milk	1 cup
	Fruit, or 100% Juice	Apple Sauce	1/8 cup	100% Orange Juice ( C )	1/2 cup	Strawberries	1/2 cup	Pineapple Chunks ( C )	1/2 cup	100% Oragne Juice ( C )	1/2 cup
	Cereal, Bread or bread alternate	Bagels	1	French Toast Sticks	4 stks	Flap Jacks	1	Corn Muffins	1	Wheat Toast	1
	+ Additional Food (optional)	Scrambled Egg (A)	1oz	Syrup						Scambled Eggs (A)	
LUNCH	Fluid Milk	Milk	1 cup	Milk	1 cup	Milk	1 cup	Milk	1 cup	Milk	1 cup
	Meat/Alternate	Ricotta Cheese (A)	4oz	Mini Corn Dog	2	Potato and American Cheese Pierogies ( C )	4oz	Chicken Salad	4oz	Hamburger	4oz
	Fruit, or Vegetable	Broccoli ( C )	3/4 cup	Potato Salad ( C )	3/4 cup	Salad (A&C)	3/4 cup	Carrot Sticks (A)	3/4 cup	Potato Skins ( C )	3/4 cup
	Fruit, or Vegetable	Watermelon ( C )	3/4 cup	Broccoli	3/4 cup	Mandarin Oranges ( C )	3/4 cup	Plums	3/4 cup	Orange ( C )	1
	Bread or bread alternate	Ziti	1/2 cup	Corn Dog Batter	7 oz		1	Pita Bread	1	Hamburger Bun	1
	+ Additional Food (optional)	Pasta Sauce	1/8 cup	Mustard		Sour Cream/Salad Dressing	1/8cup			Ketchup	7oz
PM SNACK	(Choose 2 of these 4) Fluid Milk 2% 1 cup										
	Fruit, Vegetable, or 100% Juice	Sliced Peaches (A)	1/8 cup	Mango ( C )	1/8cup			100% Juice ( C )	1/8 cup	100 % Juice Icy Pops ( C )	1/8 cup
	Cereal, Bread or bread alternate	Mini Rice Cakes				Ritz Crackers	7	Sun Chips	14	Goldfish	3/4 oz
	Meat and/or Alternate			Cottage Cheese ( A )	1/4 cup	String Cheese (A)	1 oz				

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