

JULY 2024 BREAKFAST MENU: 2-5

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	1		2		3		4		5
Whole grain cereal	1/2c	Whole grain pancake	2oz	Whole grain French toast	1 sl	INDEPENDENCE DAY		Whole grain tortilla roll-up	1oz
		Scrambled egg	1 oz					Crème cheese spread	.5oz
Cinnamon apple sauce	1/2c	Banana	1/2c	Honeydew melon	1/2c			Banana	1/2c
1% white milk	6oz	1% white milk	6oz	1% white milk	6oz	1% white milk	6oz		
	8		9		10		11		12
Whole grain cereal	1/2c	Whole grain pancake	2oz	Cheesy grtits	1/3c	Whole grain French toast	1 sl	Scrambled egg	1 oz
		Scrambled egg	1 oz					Breakfast potato	1/4c
Cinnamon apple sauce	1/2c	Banana	1/2c	Honeydew melon	1/2c	Orange wedges	1/2c	Whole grain sliced bread	1/2 sl
1% white milk	6oz	1% white milk	6oz	1% white milk	6oz	1% white milk	6oz	Banana	1/2c
	15		16		17		18		19
Whole grain cereal	1/2c	Whole grain pancakes	2oz	Crème of wheat cereal	1/3c	Whole grain tortilla roll-up	1oz	Whole grain French toast	1 slice
		Scrambled egg	1 oz			Crème cheese spread	.5oz		
Cinnamon apple sauce	1/2c	Banana	1/2c	Honeydew melon	1/2c	Orange wedges	1/2c	Banana	1/2c
1% white milk	6oz	1% white milk	6oz	1% white milk	6oz	1% white milk	6oz	1% white milk	6oz
	22		23		24		25		26
Whole grain cereal	1/2c	Whole grain pancakes	2oz	Cinnamon raisin oatmeal	1/3c	Whole grain French toast	1 sl	Scrambled egg	1 oz
		Scrambled egg	1 oz					Breakfast potato	1/4c
Cinnamon apple sauce	1/2c	Banana	1/2c	Honeydew melon	1/2c	Orange wedges	1/2c	Whole grain sliced bread	1/2 sl
1% white milk	6oz	1% white milk	6oz	1% white milk	6oz	1% white milk	6oz	Banana	1/2c
	29		30		31				
Whole grain cereal	1/2c	Whole grain pancakes	2oz	Crème of wheat cereal	1/3c				
		Scrambled egg	1 oz						
Cinnamon apple sauce	1/2c	Banana	1/2c	Honeydew melon	1/2c				
1% white milk	6oz	1% white milk	6oz	1% white milk	6oz			0	0

Portion Control: Daily meals served are at least 1/4 cup serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain

Milk Variety: 8 fluid oz Unflavored low-fat(1%) or Flavored fat-free (skim) fluid milk is offered to each child every day.

Local Distributors : Prize of the Harvest, 84 Skeeter Point Lane, Faison, NC 28341 252-492-7301; Sysco of Baltimore, Taylor Farm, PA(Actual Address to come)Davids Farm, DC; DOD Produce, DC

All Fruit Juices are 100% Juice

Harrisburg Dairy, PA

JULY 2024 LUNCH MENU: 2-5 JUBILEE JUMPSTART

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Pasta Auroro w/ground turkey 1.5oz Alfredo sauce 1/8c Tomato sauce 1/8c Whole grain penne pasta 1/4c Green beans 1/4c Watermelon 1/4c 1% white milk 6oz	Chicken breast patty 1.5oz Brown rice yellow recipe 1/4c w/kidney beans 1/8c Diced carrots & green peas 1/4c Orange wedges 1/4c 1% white milk 6oz	Rotisserie baked chicken 1.5oz Fajita brown rice 1/4c Steamed broccoli 1/4c Green pepper & onion 1/8c Watermelon 1/4c 1% white milk 6oz	INDEPENDENCE DAY	BBQ chicken sandwich Pulled chicken 1.5oz Whole grain buns 2oz Baked veggie beans 1/4c Watermelon 1/4c 1% white milk 6oz
8	9	10	11	12
Chili Mac Chili w. ground turkey 1.5oz Whole grain pasta 1/4c w/ Red Kidney Beans 1/4c Diced tomato & sauce 1/8c Green pepper & onion 1/8c Watermelon 1/4c 1% white milk 6oz	Salsbury steak 1.5oz Mashed potato 1/4c Whole grain sliced bread 1/2 sl Orange wedges 1/4c 1% white milk 6oz	Baked fish sticks 1.5oz Zolof brown rice 1/4c W/ red kidney beans 1/8c Zucchini & squash 1/4c Fresh apple wedges 1/4c 1% white milk 6oz	Ham & cheese sandwich Turkey ham 1.5oz Whole grain sliced bread 1 sl Steamed broccoli 1/4c American cheese .5oz Pineapple tidbits 1/4c 1% white milk 6oz	Italian meatball sandwich Chopped turkey meatballs w. cheese 1.75oz Marinara sauce 1/4c Carrots 1/4c Whole grain buns 2oz Watermelon 1/4c 1% white milk 6oz
15	16	17	18	19
Macaroni cheese Grated Cheddar cheese 2oz Whole grain macaroni 1/2c Green beans 1/4c Watermelon 1/4c 1% white milk 6oz	Chicken A-La-King 1.5oz Diced carrots 1/8c Whole grain sliced bread 1/2sl Green peas 1/8c Orange wedges 1/4c 1% white milk 6oz	Taco bowl W/Ground turkey 1.5oz Mexican brown rice 1/4c Diced & sauce tomato 1/8c Corn 1/4c Watermelon 1/4c 1% white milk 6oz	Chicken salad sandwich Chicken breast 1.5oz Whole grain sliced bread 1 sl Steamed broccoli (1/4 c) Diced pear 1/4c 1% white milk 6oz	Butter curry chicken (1.5 oz) Curried brown rice (1/4 c) Red kidney beans 1/4c Curried tomato sauce 1/8c Watermelon 1/4c 1% white milk 6oz
22	23	24	25	26
Pasta Lasagna Bake Whole grain penne pasta 1/4c w/ ground turkey 1.5oz Green beans 1/4c Tomato sauce 1/4c Ricotta cheese .5oz Watermelon 1/4c 1% white milk 6oz	Baked chicken nuggets 1.5oz Brown rice Yellow recipe 1/4c w/red kidney beans 1/8c Corn 1/4c Orange wedges 1/4c 1% white milk 6oz	Chicken pasta salad Grilled chicken breast (1.5 oz) Whole grain pasta 1/4c Diced carrots 1/8c Green peas 1/8c Watermelon 1/4c 1% white milk 6oz	Sliced turkey sandwich sliced turkey 1.5oz Whole grain sliced bread 1sl Steamed broccoli 1/4c Cinnamon apple slices 1/4c 1% white milk 6oz	Sloppy Joe sandwich w/ground turkey 1.5oz Whole grain buns 1/4c Baked veggie beans 1/4c Tomato Joe sauce 1/4c Watermelon 1/4c 1% white milk 6oz
29	30	31		
Spaghetti meatsauce w/ground turkey 1.5oz Whole grain spaghetti 1/4c Tomato sauce 1/4c Sliced carrots 1/4c Watermelon 1/4c 1% white milk 6oz	Chicken fajita bowl 1.5oz Spanish brown rice 1/4c Corn salsa 1/4c Green pepper & onion 1/8c Orange wedges 1/4c 1% white milk 6oz	Salisbury Steak Beef patty 1.5oz Whole grain sliced bread 1/2 sl Mashed potato 1/4c Fresh apple wedges 1/4c 1% white milk 6oz		0 0

Portion Control: Daily meals served are at least 1/4 cup serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain, All juices are 100% juice.

Milk Variety: 1-2 year old 4 fluid ounces whole unflavored milk; 3-5 year old 6 fluid oz: Unflavored low-fat(1%) or Unflavored fat-free (skim) fluid milk is offered to each child every day.

Harrisburg Dairy, Harrisburgh, PA ,THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

JULY 2024 SNACK MENU: JUBILEE JUMPSTART

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Gols fish 1oz Honeydew melon 1/2c	2 Yogurt 2oz Diced pears 1/2c	3 Cinnamon Toast Crunch 1/2c Pineapple tidbits 1/2c	4 INDEPENDENCE DAY	5 Baby carrots 1/2c Fresh fruit medley 1/2c
8 Ritz crackers 1oz Canteloupe 1/2c	9 Yogurt 2oz Mandarin orange segments 1/2c	10 String cheese 1oz Watermelon 1/2c	11 Canteloupe 1/2c Diced apple pasta salad 1/2c	12 Baby carrots 1/2c Fresh fruit medley 1/2c
15 Animal crackers 1oz Honeyew melon	16 Yogurt 2oz Pineapple tidbits 1/2c	17 Graham crackers 1oz Fresh apple wedges 1/2c	18 Mandarin orange segments 1/2c Hard boiled eggs 2oz	19 Baby carrots 1/2c Fresh fruit medley 1/2c
22 Gold fish 1oz Canteloupe 1/2c	23 Yogurt 2oz Mandarin orange segments 1/2c	24 String cheese 1oz Diced pears 1/2c	25 Cinnamon Toast Crunch 1/2c Apple pasta salad 1/2c	26 Baby carrots 1/2c Fresh fruit medley 1/2c
29 Ritz crackers 1oz Honeydew melon 1/2c	30 Yogurt 2oz Diced pears 1/2c	31 Graham crackers 1oz Watermelon 1/2c		

Portion Control: Daily meals served are at least 1/4 cup serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain

Milk Variety: 8 fluid oz: Unflavored low-fat(1%) or Flavored fat-free (skim) fluid milk is offered to each child every day.

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Bowie Produce, Landover MD