

CENTER-BASED NUTRITION PROGRAM MENU

SUMMER # 1 – SCHOOL-AGE (6-12 years)

	COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Cereal & Milk	Bagel Breakfast	Yogurt Parfait	Sausage & Pancakes	Cereal & Milk
	Grain or meat/meat alternate 1 oz. eqv.	Rice Cereal (or other dry cereal)	WG Bagel with Cream Cheese	Yogurt	Turkey Sausage with WG Mini Pancakes	Corn Cereal (or other dry cereal)
	Fruit/vegetable 1/2 cup	Apple Slices (or other seasonal fruit)	Cantaloupe (or other seasonal fruit)	Strawberries (or other seasonal fruit)	Peaches (or other seasonal fruit)	Banana (or other seasonal fruit)
	Milk 1 cup	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
SNACK						
	Meat/meat alternate 1 oz. eqv.		Cheese Cubes		String Cheese	
	Vegetable 3/4 cup		Celery Sticks			
	Fruit 3/4 cup	Pears (or other seasonal fruit)		Grape Juice (or other fruit juice)		
	Grain 1 oz. eqv.	WG Crackers		WG Sun Chips	WG Crackers	WG Animal Crackers
	Milk 1 cup					1% Non-Flavored Milk

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SUMMER # 2 – SCHOOL-AGE (6–12 years)

	COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Cereal and Milk	English Muffin & Fruit	Bagel Breakfast	Sausage & Hashbrowns	Cereal & Milk
	Grain or meat/meat alternate 1 oz. eqv.	Corn Cereal (or other dry cereal)	1/2 WG English Muffin	WG Bagel with Cream Cheese	Turkey Sausage	Oat Cereal (or other dry cereal)
	Fruit/vegetable 1/2 cup	Peaches (or other seasonal fruit)	Mixed Fruit (or other seasonal fruit)	Pears (or other seasonal fruit)	Hashbrowns (or other seasonal fruit)	Plum (or other seasonal fruit)
	Milk 1 cup	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
SNACK						
	Meat/meat alternate 1 oz. eqv.				Yogurt	
	Vegetable 3/4 cup			Jicama Salad		
	Fruit 3/4 cup	Apples (or other seasonal fruit)	Watermelon (or other seasonal fruit)	with Orange & Pineapple (or other seasonal fruit)	Bananas (or other seasonal fruit)	
	Grain 1 oz. eqv.	WG Sun Chips	WG Cracker			WG Banana Muffin (Or other muffin)
	Milk 1 cup					1% Non-Flavored Milk

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SUMMER # 3 – SCHOOL-AGE (6-12 years)

	COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Cereal and Milk	English Muffin	Muffin & Fruit	Yogurt Parfait	Cereal and Milk
	Grain or meat/meat alternate 1 oz. eqv.	Oat Cereal (or other dry cereal)	1/2 WG English Muffin	WG Bran Muffin (or other muffin)	Yogurt	Corn Cereal (or other dry cereal)
	Fruit/vegetable 1/2 cup	Mixed Fruit (or other seasonal fruit)	Pear (or other seasonal fruit)	Mandarin Oranges (or other seasonal fruit)	Strawberries (or other seasonal fruit)	Banana (or other seasonal fruit)
	Milk 1 cup	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
SNACK						
	Meat/meat alternate 1 oz. eqv.			String Cheese		Turkey Slices
	Vegetable 3/4 cup					
	Fruit 3/4 cup	Plum (or other seasonal fruit)	Bananas (or other seasonal fruit)	Pears (or other seasonal fruit)	Apple Juice (or other fruit juice)	
	Grain 1 oz. eqv.	WG Crackers	WG Graham Crackers		WG Crackers	WG Tortilla
	Milk 1 cup					

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SUMMER # 4 - SCHOOL-AGE (6-12 years)

	COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Cereal and Milk	Waffles & Sausage	Muffin & Fruit	Avocado Toast	Cereal and Milk
	Grain or meat/meat alternate 1 oz. eqv.	Corn Cereal (or other dry cereal)	WG Waffles & Turkey Sausage	WG Bran Muffin (or other muffin)	WG Toast with Avocado	Rice Cereal (or other dry cereal)
	Fruit/vegetable 1/2 cup	Orange (or other seasonal fruit)	Hashbrowns (or other seasonal fruit)	Banana (or other seasonal fruit)	Mixed Fruit (or other seasonal fruit)	Banana (or other seasonal fruit)
	Milk 1 cup	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
SNACK						
	Meat/meat alternate 1 oz. eqv.			String Cheese		
	Vegetable 3/4 cup					
	Fruit 3/4 cup	Apples (or other seasonal fruit)	Watermelon (or other seasonal fruit)	Fuji Apple Slices (or other seasonal fruit)	Grape Juice (or other fruit juice)	
	Grain 1 oz. eqv.	WG Crackers	WG Crackers		WG Cheese Crackers	WG Blueberry Muffin (or other muffin)
	Milk 1 cup					1% Non-Flavored Milk