

## Hot F2F Breakfast & Lunch Summer Menus 2023 (Cycle A) with OVS

\*Menus subject to change

Weeks of 6/1, 6/12, 6/26, 7/10, 7/24

### Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
Grains/Bread 1 slice bread, 1 biscuit/roll, ¾c. dry cereal, ½c. cooked cereal Meat/Meat Alt. 1oz., 2 Tbsp.	WGR Assorted Cereal Bars (1G) <b>D 0022/</b> <b>D 0062/ D 0023</b>  Cheese Stick <u>or</u> Cubes <b>E 0210/ E 0211/ E 0213</b>	WGR Banana Bread slice (2G) <b>D 0030</b>  WGR Graham Crackers <b>D 0070/ D 0202</b>	WGR Birthday Cake Graham (1G) <b>D 0009</b>  No Nut Butter Cup (2oz) <b>E 0124L</b>	WGR Assorted Cereal Bars (1G) <b>D 0022/</b> <b>D 0062/ D 0023</b>  WGR Birthday Cake Graham (1G) <b>D 0009</b>	WGR Blueberry Muffin Top (1G) <b>E 0021</b>  Cheese Stick <u>or</u> Cubes <b>E 0210/ E 0211/ E 0213</b>
1 Fruit/Veggie ½c., 100% full strength juice	100% SS. Orange Juice, 4oz <b>F 0052</b>	Frozen Peach Cup (1/2c Fruit) <b>F 0026</b>	Tangerine (½ c. fruit) <b>F 0045</b>	100% SS Paradise Punch Juice, 4oz <b>F 0057</b>	Apple Slices (1/2c) <b>F 0004</b>
1 Milk (1c.)	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk
Condiments					

### Lunch

	Monday/	Tuesday/	Wednesday /	Thursday/	Friday/
1 meat/meat alternative 2oz lean meat, 2oz. cheese, 1 large egg, ½c. beans, 4 Tbsp. nut butter, 1oz nuts/seeds, 8oz yogurt	WGR Chicken Nuggets (2M, 1G) <b>E 0055L</b>  and Dinner Roll (1G) <b>D 0007</b>	WGR Sandwich, Grilled Cheese (2MA, 2G) <b>E 0382L</b>	Hamburger/Cheeseburger on WGR Bun <b>E 0094L/ E 0090L</b>	Chicken Wings (4 each) (2M) <b>E 0223L</b> and Garlic Bread Stick, WG- (1 each) <b>D 0113</b>	Rotisserie Chicken & Cheese Sandwich <b>E 0653</b>
2 different fruits/veggies ¾c., 100% full strength juice	Seasoned Fries (½ c. starchy) <b>B 0113</b>  100% SS Paradise Punch Juice, 4oz <b>F 0057</b>	Marinara Dipping Sauce cup 2.5oz <b>B 0037</b>  Frozen Mixed Berry Cup (½ c. fruit) <b>F 0073</b>	Apple Slices (1/2c.) <b>F 0004</b>  100% SS. Grape Juice, 4oz <b>F 0051</b>	Coleslaw (½c.) <b>B 0050</b>  100% SS. Orange Juice, 4oz <b>F 0052</b>	Baby Carrots (½ c. red/ orange) <b>B 0005</b>  SS Diced Peach Cup <b>F 0025</b>
1 grains/breads 1 slice bread, 1 biscuit/roll, ½c. cooked cereal, pasta, rice	WGR Breaded Nuggets (1oz) Dinner Roll (1oz)	WGR Sandwich (2oz)	WGR Bun (2oz)	WG Garlic Bread Stick (1oz)	WGR Brioche Bun (2oz)
1 Milk (1c.)	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk

Condiments	Ranch Dressing, ketchup		Mayonnaise, Mustard, Ketchup	Ketchup	Mayonnaise, Mustard,
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## Hot F2F Breakfast & Lunch Summer Menus 2023 (Cycle B) with OVS

Weeks of 6/5, 6/19, 7/3, 7/17, 7/31

### Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
Grains/Bread 1 slice bread, 1 biscuit/roll, ¾c. dry cereal, ½c. cooked cereal Meat/Meat Alt. 1oz., 2 Tbsp.	Assorted WGR Cereal Bowl (1G) <b>D 0032/D 0056 D 0044/ D 0058/ D 0051/ D 0052</b>  Cheese Stick <u>or</u> Cubes <b>E 0210/ E 0211/ E 0213</b>	Cinnamon or Strawberry Pop Tarts (2G) <b>D 0040/D 0041</b>  WGR Bear Graham (1G) <b>D 0070</b>	WGR Graham Crackers (1G) <b>D 0070</b>  No Nut Butter Cup (2M/A) <b>E 0124L</b>	WGR Banana Bread Slice (2G) <b>D 0030</b>  Cheese Stick <u>or</u> Cubes <b>E 0210/ E 0211/ E 0213</b>	WGR Birthday Cake Graham (1G) <b>D 0009</b>  Yogurt Cup (1M/A) <b>E 0038/ E 0033B</b>
1 Fruit/Veggie ½c., 100% full strength juice	Apple Slices (1/2c) <b>F 0004</b>	Frozen Peach Cup (½c.) <b>F 0026</b>	Mango Sorbet (½ c. fruit) <b>F 0059</b>	Tangerine (½ c. fruit) <b>F 0045</b>	100% SS. Grape Juice, 4oz <b>F 0051</b>
1 Milk (1c.)	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk
Condiments					

### Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
1 meat/meat alternative 2oz lean meat, 2oz. cheese, 1 large egg, ½c. beans, 4 Tbsp. nut butter, 1oz nuts/seeds, 8oz yogurt	Chicken Sandwich <b>E 0041L</b>	Breaded Drumstick with WGR Dinner Roll (2M,2G) <b>E 0246L</b>	6" Personal Cheese Pizza <b>E 0495</b>	Corn Dog <b>E 0100</b>	Chicken Tenders with Dinner Roll <b>E 0103L</b>
2 different fruits/veggies ¾c., 100% full strength juice	Salsa Dipping Cup <b>B 0072</b>  100% SS Paradise Punch Juice, 4oz <b>F 0057</b>	100% SS. Grape Juice, 4oz <b>F 0051</b>  Marinara Dipping Sauce Cup (½c.) <b>B 0037</b>	Potato Emoji (1/2c) <b>B 0058</b>  100% SS. Orange Juice, 4oz <b>F 0052</b>	Carrot Dippers (1/2c) <b>B 0005</b>  Fruit Mixed Cup <b>F 0031</b> Or any fresh fruit available	100% Apple Juice (4oz) <b>F 0010</b>  Strawberry Cups <b>F 0027</b>
1 grains/breads 1 slice bread, 1 biscuit/roll, ½c. cooked cereal, pasta, rice	WGR Wheat Bun (2oz)	WGR Drumstick Breading (0.75oz) WGR Dinner Roll (1oz)	WGR Pizza (5.4oz)	WGR Corn Dog Breading (2oz.)	WGR Dinner Roll (1.2oz)
1 Milk (1c.)	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk

<i>Condiments</i>	<i>Ranch, Mayonnaise, Ketchup, Mustard</i>	<i>Ketchup, Ranch</i>	<i>Ranch, Ketchup</i>	<i>Ranch, Ketchup</i>	<i>Ranch, Ketchup</i>
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