

Cold Breakfast & Lunch Summer Menus 2023 *Menus subject to change

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

Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
Grains/Bread <i>1 slice bread, 1 biscuit/roll, ¼c. dry cereal, ½c. cooked cereal</i> Meat/Meat Alt. <i>1oz., 1Tbsp.</i>	WGR Assorted Cereal Bars (1G) D 0022/ D 0062/ D 0023 Cheese Stick <u>or</u> Cubes E 0211/ E 0213	WGR Banana Bread slice (2G) D 0030 WGR Bear Grahams D 0070	WGR Birthday Cake Graham (1G) D 0009 No Nut Butter Cup (2oz) E 0124L	WGR Assorted Cereal Bars (1G) D 0022/ D 0062/ D 0023 WGR Bear Graham (1G) D 0070	WGR Blueberry Muffin Top (1G) E 0021 Cheese Stick <u>or</u> Cubes E 0211/ E 0213
1 Fruit/Veggie <i>½c., 100% full strength juice</i>	Frozen Peach Cup (1/2c Fruit) F 0026	100% SS. Orange Juice, 4oz F 0052	Strawberry Cup (½ c. fruit) F 0027	100% SS Paradise Punch Juice, 4oz F 0057	Apple Slices (1/2c) F 0004
1 Milk (1c.)	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk
Condiments					

Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
1 meat/meat alternative <i>2oz lean meat, 2oz. cheese, 1large egg, , ½c. beans, 4 Tbsp. nut butter, 1oz nuts/seeds, 8oz yogurt</i>	WGR Banana Bread w/ Cheese Sticks (2M, 2G) E 0034L	Cool Pack, Yogurt & Cheese w/ Bear Graham & Cheddar Crackers E 0167L	WGR Sandwich, Turkey & American Sub (2M/A, 2G) E 0172L/E 0172LCK	PBJ Uncrustable Sandwich E 0152L	No Nut Butter Box E 0237L (pea protein, cheese, WGR crackers) (2M, 2G)
2 different fruits/veggies <i>¾c., 100% full strength juice</i>	Frozen Peach Cup (1/2c Fruit) F 0026	Baby Carrots (1/2 c.) B 0233	Cucumber Dippers (1/2c.) with Dressing B 0013	Celery Dippers (1/2 c.) w/ Ranch B 0056	Watermelon Raisels F 0028
	Strawberry Cup (½ c. fruit) F 0027	100% SS. Orange Juice, 4oz F 0052	100% SS Paradise Punch Juice, 4oz F 0057	Frozen Peach Cup (½ c Fruit) F 0026	Mango Sorbet (½ c. fruit) F 0059
1 grains/breads <i>1 slice bread, 1 biscuit/roll, ½c. cooked cereal, pasta, rice</i>	WGR Banana Bread (2G)	WGR Bear Graham (1G) & Cheddar Crackers (1G)	WGR Hoagie Bun 5" (2G)	WGR PBJ Uncrustable Sandwich (2G)	WGR Crackers
1 Milk (1c.)	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk
Condiments		Ranch Dressing	Mayo, Mustard and Ranch Dressing	Ranch Dressing	
2/21/2023					

Cold Breakfast & Lunch Summer Menus 2023

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

Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
Grains/Bread <i>1 slice bread, 1 biscuit/roll, ¾c.dry cereal, ½c. cooked cereal</i> <i>Meat/Meat Alternate</i> <i>1oz./1 Tbsp.</i>	Cinnamon or Strawberry Pop Tarts (1G) D 0038/D 0039 WGR Bear Graham (1G) D 0070	Assorted WGR Cereal Bowl (1G) D 0032/D 0056 D 0044/ D 0058/ D 0051/ D 0052 Cheese Stick <u>or</u> Cubes E 0211/ E 0213	WGR Graham Crackers (1G) D 0070 No Nut Butter Cup (2M/A) E 0124L	WGR Banana Bread Slice (2G) D 0030 Cheese Stick <u>or</u> Cubes E 0211/ E 0213	WGR Birthday Cake Graham (1G) D 0009 Yogurt Cup (1M/A) E 0038/ E 0033B
1 Fruit/Veggie <i>½c., 100% full strength juice</i>	Apple Slices (1/2c) F 0004	Frozen Peach Cup (1/2c Fruit) F 0026	Mango Sorbet (½ c. fruit) F 0059	Tangerine (½ c. fruit) F 0045	100% SS. Grape Juice, 4oz F 0051
1 Milk (1c.)	<i>Assorted Milk</i>	<i>Assorted Milk</i>	<i>Assorted Milk</i>	<i>Assorted Milk</i>	<i>Assorted Milk</i>

Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
1 meat/meat alternative <i>2oz lean meat, 2oz. cheese, 1 large egg, ½c. beans, 4 Tbsp. nut butter, 1oz nuts/seeds, 8oz yogurt</i>	No nut Butter Cup with Carrots and WG Flatbread (2M/1G) E 0238L	Yogurt, Cheese & WGR Banana Bread Plate (2 MA, 2G) E 0392L	WGR Chicken Ranch Wrap (2.5M/MA, 2G) E 0123L	WGR Turkey Ham & American Cheese Sub (2M/A, 2G) E 0311L	WGR 5.3oz PBJ Uncrustable Sandwich (2M,2G), <i>/W</i> E 0152L
2 different fruits/veggies <i>¾c., 100% full strength juice</i>	½ c. Carrots from the above recipe	Veggie Dippers (½ c.) B 0056	Baby Carrots (1/2 c.) B 0233	Shredded Iceberg, Lettuce Cup (1c.) B 0073	Watermelon Raisels F 0028
	<i>100% SS. Orange Juice, 4oz</i> F 0052	Mango Sorbet (½ c. fruit) F 0059	100% Apple Juice (4oz) F 0010	100% SS Paradise Punch Juice, 4oz F 0057	Apple Slices (1/2c) F 0004
1 grains/breads <i>1 slice bread, 1 biscuit/roll, ½c. cooked cereal, pasta, rice</i>	WGR Flatbread (1G)	WGR Banana Bread (2G)	WGR Tortilla Ultra Grain (2G)	WGR Hoagie Bun 5" (2G)	WGR PBJ Sandwich (2G)
1 Milk (1c.)	<i>Assorted Milk</i>	<i>Assorted Milk</i>	<i>Assorted Milk</i>	<i>Assorted Milk</i>	<i>Assorted Milk</i>
Condiments	Ranch Dressing	Ranch/Italian Dressing	Mayo or Mustard/Ranch/Italian Dressing	Mayo & Mustard	Ranch/Italian Dressing