



# SUMMER BREAKSPOT 2024 MENU



6/3-6/7, 6/17-6/21, 7/1-7/5, 7/15-7/19, 7/29-8/2

Week One		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk All Ages 8oz Carton					
	Meat/Meat Alternate – 1 oz.					
	Vegetable/Fruit/Juice Ages 1-18: ½ c					
	Grains Ages 6-18 1 slice, cereal Flakes Rounds 1c, Puffed 1 1/4c					
LUNCH	Milk All Ages 8oz carton LF Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 2oz	Turkey & Cheese Mayo	Chicken Tender BBQ Sauce	Soynut Butter and Jelly	Southwest Chicken w/ Shred Cheese	Chicken Honey Mustard
	Vegetable/Fruit 1/2cup	Apple Slices	Carrots Italian Dressing	Cucumber Slices Ranch	Black Beans and Corn	Apple Slices
	Vegetable/Fruit 1/4c	Lettuce & Tomato	Grapes	Pineapple Rings	Fresh Orange (1ea)	Romaine & Tomato
	Grains 1 slice or 1oz eq	Wg Sub Roll (4")	Wg Roll	WG Crackers (4pk)	WG Tortilla (8")	Wg Sub Roll (4")
SNACK	Milk All ages 8oz Carton LF Non-Flavor					
	Meat/Meat Alternate 1oz			Moz String Cheese		
	Veg/Fruit 3/4c	100% Fruit Punch	Fresh Apple		Banana	Grape Juice (6oz)
	Grains 1oz	WG Animal Crackers	WG Cheddar Goldfish (1bag)	Wheat Thins (1bag)	Wg Pretzel (1bag)	Wg Banana Muffin

CN Label for \*

- Milk must be served with every breakfast, lunch and supper meal. Milk must be served with snack when indicated. Children one year of age must be served unflavored whole milk. Children two through five years old must be served either unflavored lowfat (1 percent) or unflavored fat-free (skim) milk. Children six years old and older must be served unflavored or flavored lowfat (1 percent) or fat-free (skim) milk.



# SUMMER BREAKSPOT 2024 MENU



5/28-5/31, 6/10-6/14, 6/24-6/28, 7/8-7/12, 7/22-7/26, 8/5-8/9

Week Two		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages All Ages 8oz Carton					
	Meat/Meat Alternate – 1 oz.					
	Vegetable/Fruit/Juice Ages 1-18: ½ c					
	Grains 6-18 1 slice, cereal Flakes Rounds 1c, Puffed 1 1/4c					
LUNCH	Milk Ages All Ages 8oz Carton Non-Flavor	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 2oz	Turkey & Cheese Mayo Mustard Spread	Cheese Pizza	Taco Salad 1.5oz Beef, 1/2oz Cheese	Grilled Chicken Sub Roll	Beef Bologna w/Cheese
	Vegetable/Fruit 1/2c	Carrots w/Ranch	Cucumber Italian	Corn	LG Orange (1ea)	Carrots w/Ranch
	Vegetable/Fruit 1/4c	Fresh Apple Slices	Grapes	Let/Tom	Broccoli Ranch	Pineapple Rings
	Grains 1 slice or 1oz eq	WG Tortilla (8")	Wg Pita (1/2ea)	1.5oz WG Tortilla Chips	WG Bun (1/2ea) Mayo	WG Bread Mayo
SNACK	Milk All Ages 8oz Carton Non-Flavor					
	Meat/Meat Alternate 1oz	Moz Cheese Stick				
	Veg/Fruit 3/4c		Banana	Orange	Apple	Apple Juice (6oz)
	Grains 1oz	Wg Pretzel Goldfish	WG Graham Crackers	WG Cheerios	WG Cheez It (1bag)	Wg Blueberry Muffin (2oz)

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