

Summer Menu 2020 – Oakleaf JH & Fleming Island Elem. ONLY

6/1-5, 7/6-10

Week One		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk 8 oz Low Fat Milk	Milk	Milk	Milk	Milk	Milk
	Meat/MeatAlternate		1 Hard Boil Egg	Turkey Sausage		Yogurt 4oz cup
	Vegetable/Fruit/Juice (1/2c)	Mandarin Oranges	Pears	Orange	Cinnamon Apples	Banana(1whole)
	Grains/Breads (1 slice) Flakes/Rounds (1cup); Rice Crispies (1 1/4c)	Cinnamon Raisin Bagel (WG) <u>Cream Cheese</u>	Multi Grain Cheerios (100%wholegrain)	WG Pancake Syrup <i>ButterorMarg.</i>	Lucky Charms Bowl	Rice Crispies
LUNCH	Milk 8oz Low Fat Milk	Milk	Milk	Milk	Milk	Milk
	Meat/MeatAlternate 2oz	Baked Sliced Chicken (2oz)	Beef Taco (2oz meat, 1oz cheese)	Cheeseburger Ketchup/Mustard	*Oven Fried Chicken (2ea) Ketchup Packets (3ea)	*Bread Fish Filet Tartar Sauce
	Vegetable ½ cup (Salad 1cup)	Fresh Roasted Sweet Potato	Mexican Corn	Green Beans	French Fries	Spinach/Tomato
	Fruit or Vegetable ¼ c	Coleslaw	Red Beans	Seasonal Fresh Fruit (cantaloupe,honeydew,m ango,pineapple,strawber ries,watermelon –nobananas/apples)	Peas and Carrots	Mandarin Orange
	Grains/Breads 1 slice or 1/2c	100% Whole Grain Roll <i>ButterorMarg.</i>	Soft Flour Tortilla	WG Bun		WG Roll
SNACK	Milk 8oz Low Fat Milk					
	Meat/MeatAlternate 1oz	Yogurt 4ozcup			SlicedTurkey(1½oz)	
	Vegetable 3/4c					
	Fruit/Juice 3/4c	Tropical MixedFruit	Pineapple	Peaches		Banana
	Grains/Breads 1 slice; Flakes/Round Cereal 1cup; Rice Crispie 1 1/4c;		Apple Bran Muffin	Cheese Crackers	100% Whole Grain Bread(1slice) <i>Mayo&Mustard.</i>	WG Cheerios

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Summer Menu 2020 – Oakleaf JH & Fleming Island Elem. ONLY

6/8-6/12, 7/13-17,

Week Two		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk 8 oz Low Fat Milk	Milk	Milk	Milk	Milk	Milk
	Meat/MeatAlternate					
	Vegetable/Fruit/Juice (1/2c)	Pineapple	Tropical Fruit	Banana(1whole)	Peaches	Fresh OrangeWedges
	Grains/Breads (1 slice) Flakes/Rounds (1cup); Rice Crispies (1 1/4c)	Biscuits w/ Jelly	Cinnamon Raisin Bread <i>CreamCheese</i>	WG Pancake	Carrot Muffin (3oz)	Frosted Flakes
LUNCH	Milk 8oz Low Fat Milk	Milk	Milk	Milk	Milk	Milk
	Meat/MeatAlternate 2oz	Grilled Chicken	*Chicken Nuggets (6) <i>Honey Mustard</i>	*Turkey Cuban	Spanish Chicken	Salisbury Steak w/ Gravy
	Vegetable ½ cup (Salad 1cup)	Corn	Crisp SteamedBroccoli (fresh/frozen,notcanned)	Vegetable Soup	Sweet Plantains	Peas and Carrots
	FruitorVegetable ¼ c	Pears	Sweet Potato Fries	Salad	Green Lima Beans	Fresh Fruit
	Grains/Breads 1 slice or 1/2c	WG Bun Mayo Packet	Nugget Breading	WG Hoagie Mayo/Mustard	Brown Rice	Mac and Cheese
SNACK	Milk 8oz Low Fat Milk					
	Meat/MeatAlternate 1oz	<i>Cheddar Cheese</i>			<i>Yogurt 4ozcup</i>	Sliced Turkey (1.5oz)
	Vegetable 3/4c					
	Fruit/Juice 3/4c		Mandarin Orange	Fresh Apple	Fruit Cocktail	
	Grains/Breads 1 slice; Flakes/Round Cereal 1cup; Rice Crispie 1 ¼c;	Ritz Crackers	<i>Corn Muffin (WG)</i>	Cheese Cracker		WW Bread Mayo/Must

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6/15-19, 7/20-24,

Week Three		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk 8 oz Low Fat Milk	Milk	Milk	Milk	Milk	Milk
	Meat/MeatAlternate		Turkey Sausage			Boil Egg
	Vegetable/Fruit/Juice (1/2c)	Peaches	Mandarin Oranges	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Cinnamon Apples	Banana (1 whole)
	Grains/Breads (1 slice) Flakes/Rounds (1 cup); Rice Crispies (1 1/4c)	Original Cheerios (100% whole grain)	Biscuit	Frosted Flakes	Blueberry Muffin	Oatmeal Bread Butter
LUNCH	Milk 8 oz Low Fat Milk	Milk	Milk	Milk	Milk	Milk
	Meat/MeatAlternate 2 oz	Chicken and Bean Enchilada	Sloppy Joe	Meatloaf	Mini Corn Dogs (6 ea) Ketchup	Beef Lasagna
	Vegetable 1/2 cup (Salad 1 cup)	Zucchini, Corn and Tomato	Split Pea Soup	Sweet Potato	Steamed Baby Carrots (fresh/frozen, not canned)	Peas
	Fruit or Vegetable 1/4 c	Pineapple	Roasted Red Potato	Green Beans	Salad	Salad
	Grains/Breads 1 slice or 1/2c	Corn Tortilla	WG Bun	WG Roll	Corn Dog Breading	WG Pasta
SNACK	Milk 8 oz Low Fat Milk					
	Meat/MeatAlternate 1 oz	Peanut butter cup		LF Strawberry Yogurt		
	Vegetable 3/4c					
	Fruit/Juice 3/4c		Tropical Fruit		Orange	Grape Juice (6 oz)
	Grains/Breads 1 slice; Flakes/Round Cereal 1 cup; Rice Crispie 1 1/4c;	Pita (1/2 ea)	Cin Raisin Bagel Butter	Grape Nut Cereal	Nature Valley Granola Bar	Animal Crackers

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6/22-26, 7/27-31,

Week Four		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk 8 oz Low Fat Milk	Milk	Milk	Milk	Milk	Milk
	Meat/MeatAlternate					
	Vegetable/Fruit/Juice (1/2c)	Applesauce	Fruit Cocktail	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Pineapple	Banana (1 whole)
	Grains/Breads (1 slice) Flakes/Rounds (1 cup); Rice Crispies (1 1/4c)	Banana Muffin	Cheerios	Blueberry Bagel Cream Cheese	Bran Muffin	WG Waffle
LUNCH	Milk 8oz Low Fat Milk	Milk	Milk	Milk	Milk	Milk
	Meat/MeatAlternate 2oz	*Chicken Breast	Cheeseburger	Jerk Chicken	Salisbury Steak	Tuna Salad Sandwich (2.5oz)
	Vegetable ½ cup (Salad 1 cup)	Collards	Roasted Potatoes	Roasted Squash	Mashed Potato	Salad
	Fruit or Vegetable ¼ c	Apple	Lettuce/Tomato	Green Beans	Salad	Fruit Cocktail
	Grains/Breads 1 slice or 1/2c	Black Beans and Rice	WG Bun Mayo, Mustard, Ketchup	Pigeon Peas and Brown Rice	WG Roll (1 ea)	WG Bread (2 sli)
SNACK	Milk 8oz Low Fat Milk	Milk	Milk			
	Meat/MeatAlternate 1oz	LF Van Yogurt	Peanut Butter		Cheese Stick	
	Vegetable 3/4c					
	Fruit/Juice 3/4c	Peaches	WG Pita	Fresh Orange		Pears
	Grains/Breads 1 slice; Flakes/Round Cereal 1 cup; Rice Crispie 1 ¼c;			Wheat Thins	WG Crackers 4pk	Cheerios

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6/29-7/3,

Week Five		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk 8 oz Low Fat Milk	Milk	Milk	Milk	Milk	Milk
	Meat/MeatAlternate		Turkey Sausage			
	Vegetable/Fruit/Juice (1/2c)	Peaches	Pears	Pineapple	Banana(1whole)	Applesauce
	Grains/Breads (1 slice) Flakes/Rounds (1cup); Rice Crispies (1 1/4c)	Frosted Flakes	Biscuit	WG Cheerios	Bran Muffin	Waffle Syrup
LUNCH	Milk 8oz Low Fat Milk	Milk	Milk	Milk	Milk	Milk
	Meat/MeatAlternate 2oz	BBQ Chicken Breast	Cheeseburger	Spaghetti w/Meatsauce	Pepperoni Pizza Wrap	Bread Fish Filet Tartar
	Vegetable ½ cup (Salad 1cup)	Baked Beans	Plantains	Carrots	Salad	Green Bean
	Fruit or Vegetable ¼ c	Fruit Cocktail	Tropical Mixed Fruit	Salad	Pineapple	Potato O Brien
	Grains/Breads 1 slice or 1/2c	*Macaroni & Cheese	WG Bun	WG Spaghetti	WG Wrap	Soft Roll (WG)
SNACK	Milk 8oz Low Fat Milk		Choc Milk			
	Meat/MeatAlternate 1oz			LF Blueberry Yogurt		
	Vegetable 3/4c					
	Fruit/Juice 3/4c	Mandarin Oranges			Orange Juice (6oz)	Tropical Fruit
	Grains/Breads 1 slice; Flakes/Round Cereal 1cup; Rice Crispie 1 ¼c;	Animal Crackers	Cornbread	Graham Crackers	Nature Valley Granola Bar	Zucchini Muffin

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