

Pasco County Summer 2018 Menu

Breakfast: Minimum Meal Pattern- 8 oz. Fluid Milk, ½ c. Fruit/Juice/Vegetable, and 1 serving Grain/Bread. May add Meat/Meat Alternate					
WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Cold Site	Cereal & Graham 2 G/B Whole Orange ½ c F/V Milk, 8oz	UBR, IW 2 G/B Whole Apple ½ c F/V Milk, 8oz	Cinnamon Bun 1 G/B Raisin ½ c F/V Milk, 8oz	Banana Bread 2 G/B Whole Orange ½ c F/V Milk, 8oz	Cereal & Graham 2 G/B Whole Apple ½ c F/V Milk, 8oz
Hot site	Cereal & Graham 2 G/B Smoothie w/ Graham 1M/MA, ½ c Fruit, 1 G/B Fruit (varies) ½ c F/V Milk, 8oz	Sausage in a Pancake 1 M/MA, 1 G/B Smoothie w/ Graham 1M/MA, ½ c Fruit, 1 G/B Fruit (varies) ½ c F/V Milk, 8oz	Cinnamon Bun 1 G/B Smoothie w/ Graham 1M/MA, ½ c Fruit, 1 G/B Fruit (varies) ½ c F/V Milk, 8oz	Egg & Cheese Sandwich ¾ c M/MA, 1¼ G/B Smoothie w/ Graham 1M/MA, ½ c Fruit, 1 G/B Fruit (varies) ½ c F/V Milk, 8oz	Waffles, IW 2 G/B Smoothie w/ Graham 1M/MA, ½ c Fruit, 1 G/B Fruit (varies) ½ c F/V Milk, 8oz
Lunch: Minimum Meal Pattern- 8 oz. Fluid Milk, ¾ c. Total Serving Fruit/Juice/Vegetable (from 2 items), 1 serving Grain/Bread, and 2 oz. Meat/Meat Alternate					
Lunch Cold Site	Nacho Kit 2 M/MA, 2 G/B, 1 c F/V Milk, 8oz	Turkey Sandwich 2 M/MA, 2 G/B Pearsauce Cup ½ c F/V Juice ½ c F/V Milk, 8oz	Muffin & 2 Cheese Sticks 2 M/MA, 1 G/B Whole Apple ½ c F/V Cucumber ¼ c F/V Milk, 8oz	Ham Sandwich 2 M/MA, 2 G/B Applesauce Cup ½ c F/V Juice ½ c F/V Milk, 8oz	PBJ, Uncrustable 2 M/MA, 2 G/B Cucumber ¼ c F/V Cool Tropics Juice ½ c F/V Milk, 8oz
Hot site	Hamburger 2 M/MA, 2 G/B Turkey Sandwich 2 M/MA, 2 G/B Baby Carrots ¼ c F/V Pineapple ½ c F/V Milk, 8oz	Popcorn Chicken 2 M/MA, 1 G/B Turkey Sandwich 2 M/MA, 2 G/B Watermelon ½ c F/V Potato Smiles ½ c F/V Milk, 8oz	Hot Dog 2 M/MA, 2 G/B Turkey Sandwich 2 M/MA, 2 G/B Whole Apple ½ c F/V Roasted Broccoli ½ c F/V Milk, 8oz	Cheesy Bites 2 M/MA, 2 G/B Turkey Sandwich 2 M/MA, 2 G/B Blueberries ½ c F/V Marinara Cup 1/4C F/V Milk, 8oz	PBJ, Uncrustable 2 M/MA, 2 G/B Turkey Sandwich 2 M/MA, 2 G/B Cucumber ¼ c F/V Cool Tropics Juice ½ c F/V Milk, 8oz
Snack: Minimum Meal Pattern-Two of Four Components: 8 oz Fluid Milk, ¾ c. Total Serving Fruit/Juice/Vegetable , 1 serving Grain/Bread, and 12 oz. Meat/Meat Alternate					
Cold Site	Milk, 8oz G-Force Bar 1 G/B	Juice ½ c F/V String Cheese 1 M/MA	Milk, 8oz Goldfish Graham 1 G/B	Juice ½ c F/V Cheez-It 1 G/B	Milk, 8oz Sprinkle Cookie 1 G/B

Juice is 100% fruit juice. Menu is subject to change without notice. Not all options available at all sites. Check with your site for options.

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Breakfast: Minimum Meal Pattern- 8 oz. Fluid Milk, ½ c. Fruit/Juice/Vegetable, and 1 serving Grain/Bread. May add Meat/Meat Alternate					
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Cold Site	Cereal & Graham 2 G/B Raisin ½ c F/V Milk, 8oz	Pancakes 2 G/B Juice ½ c F/V Milk, 8oz	Benefit Bar 2 G/B Whole Orange ½ c F/V Milk, 8oz	Banana Bead 2 G/B Juice ½ c F/V Milk, 8oz	Cereal & Graham 2 G/B Whole Apple ½ c F/V Milk, 8oz
Hot site	Cereal & Graham 2 G/B Smoothie w/ Graham 1M/MA, ½ c Fruit, 1 G/B Fruit (varies) ½ c F/V Milk, 8oz	Pancakes 2 G/B Smoothie w/ Graham 1M/MA, ½ c Fruit, 1 G/B Juice ½ c F/V Milk, 8oz	Dutch Waffle 2 G/B Smoothie w/ Graham 1M/MA, ½ c Fruit, 1 G/B Fruit (varies) ½ c F/V Milk, 8oz	Canadian Ham & Cheese English Muffin Smoothie w/ Graham 1M/MA, ½ c Fruit, 1 G/B Fruit (varies) ½ c F/V Milk, 8oz	Sausage Biscuit 2 G/B Smoothie w/ Graham 1M/MA, ½ c Fruit, 1 G/B Fruit (varies) ½ c F/V Milk, 8oz
Lunch: Minimum Meal Pattern- 8 oz. Fluid Milk, ¾ c. Total Serving Fruit/Juice/Vegetable (from 2 items), 1 serving Grain/Bread, and 2 oz. Meat/Meat Alternate					
Lunch Cold Site	Yogurt, Cheese Stick & Bug Bite Crackers 2 M/MA, 1 G/B Baby Carrots ¼ c F/V Watermelon ½ c F/V Milk, 8oz	Turkey Sandwich 2 M/MA, 2 G/B Pearsauce Cup ½ c F/V Juice ½ c F/V Milk, 8oz	Pizza Kit 2 M/MA, 2 G/B Whole Apple ½ c F/V Raisins ½ c F/V Milk, 8oz	Ham Sandwich 2 M/MA, 2 G/B Peach Cup ½ c F/V Juice ½ c F/V Milk, 8oz	PBJ, Uncrustable 2 M/MA, 2 G/B Celery ¼ c F/V Juice ½ c F/V Milk, 8oz
Hot site	Chicken Patty Sandwich 2 M/MA, 2 G/B Turkey Sandwich 2 M/MA, 2 G/B Baby Carrots ¼ c F/V Watermelon ½ c F/V Milk, 8 oz	Corn Dog 2 M/MA, 2 G/B Turkey Sandwich 2 M/MA, 2 G/B Pineapple ½ c F/V Potato Smiles ½ c F/V Milk, 8 oz	Cheese Pizza 2 M/MA, 2 G/B Turkey Sandwich 2 M/MA, 2 G/B Whole Apple ½ c F/V Juice ½ c F/V Milk, 8 oz	Nachos 2 M/MA, 2 G/B Turkey Sandwich 2 M/MA, 2 G/B Blueberries ½ c F/V Cucumber ¼ c F/V Milk, 8 oz	Mac-N-Cheese w/ Toast 2 M/MA, 2 G/B Turkey Sandwich 2 M/MA, 2 G/B Roasted Broccoli ½ c F/V Juice ½ c F/V Milk, 8oz
Snack: Minimum Meal Pattern-Two of Four Components: 8 oz Fluid Milk, ¾ c. Total Serving Fruit/Juice/Vegetable , 1 serving Grain/Bread, and 12 oz. Meat/Meat Alternate					
Cold Site	Milk, 8oz G-Force Bar 1 G/B	Juice ½ c F/V Cheez-It 1 G/B	Milk, 8oz Donut Hole 1 G/B	Juice ½ c F/V String Cheese 1 M/MA	Milk, 8oz Muffin Loaf 1 M/MA

Juice is 100% fruit juice. Menu is subject to change without notice. Not all options available at all sites. Check with your site for options.