

Fisher ELC - Summer											
Deliver BREAKFAST @ 7:30am, LUNCH @ 10:45 AM, SNACK @ 2pm											
Week Two Breakfast Menu											
Week 2		Portion Size	Monday	Portion Size	Tuesday	Portion Size	Wednesday	Portion Size	Thursday	Portion Size	Friday
Breakfast - Entrée		1/2 Cup	Whole Grain Cheerios	2ea	WG French Toast Sticks	Half	Whole Grain English Muffin	1 Bagel	Mini Bagel	1 ea	Whole Grain Waffle
		1/4 Cup	Yogurt	1 each	Syrup	1/2 oz	Strawberry Jam	1 Tbsp	Cream Cheese	1 Tbsp	Syrup
	Fruit/Veg	1/2 cup	Peaches	1/2 cup	Pineapple	1/2 cup	Diced Honeydew	1/2 cup	Applesauce	1/2 cup	Blueberries
Vegan Breakfast Entree		1/2 Cup	Cheerios	2ea	WG French Toast Sticks	Half	Gluten Free English Muffin	1/2 Cup	Mini Bagel	1 ea	Cinnamon Raisin Toast
		1/4 cup	Scrambled Tofu	1 each	Syrup	1/2 oz	Strawberry Jam	1 Tbsp	Strawberry Jam	1 Tbsp	Syrup
Vegetable or Fruit		1/2 cup	Diced Peaches	1/2 cup	Pineapple	1/2 cup	Diced Honeydew	1/2 cup	Applesauce	1/2 cup	Blueberries
	Milk	6 oz	Milk	6 oz	Milk	6 oz	Milk	6 oz	Milk	6 oz	Milk
Week Two Lunch Menu											
Week 2		Portion Size	Monday	Portion Size	Tuesday	Portion Size	Wednesday	Portion Size	Thursday	Portion Size	Friday
Lunch Entrée		2oz	Grilled Italian Seasoned Chicken	2 oz	Hamburger	2 oz	Chicken Nuggets	2 oz	Turkey Ham & Cheese	1 slice	Cheese Pizza
		1/2 roll	1 oz WG Dinner Roll	1 Bun	Whole Grain Bun	1/4 cup	Mac n/ Cheese	2 slices	WG Wheat Bread	1oz	Italian Dressing
Vegetable		1/4 cup	Green Beans	1/4 cup	Tater Tots	1/4 cup	Green Peas	1/4 cup	Crinkle Cut Carrots	1/2 Cup	Side Salad
Fruit		1/4 cup	Pears	1/4 cup	Honeydew	1/4 cup	Watermelon	1/4 cup	Banana	1/4 cup	Apple Slices
Milk		6 oz	Milk	6 oz	Milk	6 oz	Milk	6 oz	Milk	6 oz	Milk
Vegan Entree		2 oz	Italian Seasoned Tofu	2 oz	Impossible Patty	2 oz	Vegan Chicken Strips	4 oz	Vegan Grilled Cheese	1 slice	Vegan Cheese Pizza
		1/2 roll	1 oz WG Dinner Roll	1 Bun	Whole Grain Bun	1/4 cup	Vegan Mac n' Cheese	2 Slices	WG Wheat Bread	1oz	Italian Dressing
Vegetable		1/4 cup	Green Beans	1/4 cup	Tater Tots	1/4 cup	Green Peas	1/4 cup	Crinkle Cut Carrots	1/2 Cup	Side Salad
Fruit		1/4 cup	Pears	1/4 cup	Honeydew	1/4 cup	Watermelon	1/4 cup	Banana	1/4 cup	Apple Slices
Milk		6 oz	Milk	6 oz	Milk	6 oz	Milk	6 oz	Milk	6 oz	Milk
Week Two Snack Menu											
Week 2		Portion Size	Monday	Portion Size	Tuesday	Portion Size	Wednesday	Portion Size	Thursday	Portion Size	Friday
Snack Item #1		1 oz	Soft Pretzel Bites	1 oz	Graham Crakers	1 oz	Animal Crackers	1 oz	Goldfish	1 oz	Club Crackers
Snack Item #2		1/2 cup	Fresh Apple Sices	1/2 cup	Cucumber	1/2 cup	Orange Cuties	4oz	Stawberry Danimal Yogurt	1/2 cup	Cheddar Cheese Slice