

Fisher ELC - Summer Menu
Deliver BREAKFAST @ 7:30am, LUNCH @ 10:45 AM, SNACK @ 2pm

Week Three Breakfast Menu

Week 1	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
Fruit/Veg	1/4 Cup	Yogurt	1 each	Syrup	1/2 oz	Strawberry Jam	1 Tbsp	Cream Cheese	1 Tbsp	Syrup
	1/2 cup	Peaches	1/2 cup	Pears	1/2 cup	Diced Honeydew	1/2 cup	Applesauce	1/2 cup	Blueberries
Vegan Breakfast - Entrée	1/2 Cup	Whole Grain Cheerios	2ea	WG French Toast Sticks	Half	2 oz WG English Muffin	1/2 Cup	Mini Bagel	1 ea	Cinnamon Raisin Toast
	1/4 cup	Vegan Yogurt	1 each	Syrup	1/2 oz	Strawberry Jam	1 Tbsp	Strawberry Jam	1 Tbsp	Syrup
	1/2 cup	Diced Peaches	1/2 cup	Pears	1/2 cup	Diced Honeydew	1/2 cup	Applesauce	1/2 cup	Blueberries
Beverage	6 oz	Milk	6 oz	Milk	6 oz	Milk	6 oz	Milk	6 oz	Milk

Week Three Lunch Menu

Week 1	Portion Size	Monday	Portion Size	Tuesday	Portion Size	Wednesday	Portion Size	Thursday	Portion Size	Friday
Lunch Entrée	2oz	Shredded BBQ Chicken	2 oz	Beef Meatballs	2 oz	Turkey TacoMeat w/ Cheese	2oz	Grilled Chicken Cutlet	2oz	Roast Turkey Breast
	1 Ea	WG Hamburger Bun	1/4 cup	WholeGrainPenne w/Marinara	1 ea	6" Flour Tortilla	1ea	Whole Grain Bun	2 oz	Vegan Chicken Cutlet
Vegetable	1/4 cup	Peas	1/4 cup	Steamed Broccoli Florets	1/4 cup	Refried Beans	1/4 cup	Baked Tater Tots	1/4 cup	Roasted Corn
Fruit	1/4 cup	Diced Cantaloupe	1/4 cup	Banana	1/4 cup	Apple Slices	1/4 cup	Pineapple	1/4 cup	Banana
Beverage	6 oz	Milk	6 oz	Milk	6 oz	Milk	6 oz	Milk	6 oz	Milk
Vegan Entree	4 oz	Sliced BBQ Tofu	2 oz	Beyond Meatballs	2 oz	Taco Seasoned Tofu	2 oz	Grilled Tofu Slices	3 each	Roasted Tofu Cubes
	1 Ea	WG Hamburger Bun	1/4 cup	Whole Grain Penne w/Marinara	1 ea	6" Corn Tortilla	1/2 oz	Whole Grain Bun	1/4 cup	Mashed Potato
Vegetable	1/4 cup	Peas	1/4 cup	Carrots	1/4 cup	Refried Beans	1/4 cup	Baked Tater Tots	1/4 cup	Roasted Corn
Fruit	1/4 cup	Diced Cantaloupe	1/4 cup	Banana	1/4 cup	Apple Slices	1/4 cup	Pineapple	1/4 cup	Banana
Beverage	6 oz	Milk	6 oz	Milk	6 oz	Milk	6 oz	Milk	6 oz	Milk

Week Three Snack Menu

Week 1	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 Crackers	1 oz	Animal Crackers	1 oz	Goldfish Crackers	1 oz	Club Crackers
Snack Item #2	1/2 cup	Apples	1/2 cup	Cucumber	1/2 cup	Orange Cuties	4oz	Yogurt	1/2 cup	Cheddar Cheese Slice