

Messed

Sponsor Taft Elementary

June 2022

Complete menus below for meals to be served by the sponsor.

Menu will repeat each week of the month

MENU PLANNER

Meal Pattern Minimum Amounts	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Fluid Milk (1/2 pint)	8oz 1% white/FChoc	8oz 1% white/FChoc			
Vegetable/Fruit/Juice (1/2 cup)	1/2c 100% juice				
Grains/Breads (1 serving)	2oz muffin	1.5oz pop tart / 1oz cereal	2.29oz mini cereal	1oz cereal	
Other food	1/2c peaches	1/2c pears	1/2c Banana	1/2c applesauce	
Other food				2oz yogurt	
LUNCH					
Fluid Milk (1/2 pint)	8oz 1% white/FChoc	8oz 1% white/FChoc			
Vegetable/Fruit (2 menu items to equal at least 3/4 cup total)	1/2c baked beans	1/2c fresh broccoli	1/2c cucumber	1/2c carrots	
	1/2c peaches	1/2c pears	1/2c banana	1/2c applesauce	
Grains/Breads (1 serving)	4oz corn dog	crust	2.24oz french toast	1.5oz Bun/Breading	
Meat/Meat Alternate (2 oz. or equivalent)	corn dog	4.95oz pepperoni pizza	2oz scrambled eggs	3.29oz Breadcrumbs	
Other food - Fruit	1/2c whole orange	1/2c grapes	1/2c strawberries	1/2c fresh pineapple	
SNACK					
(2 of 4; only one liquid)					
Fluid Milk (1/2 pt.)					
Juice/Fruit/Vegetable (3/4 cup)					
Grains/Breads (1 Serving)					
Meat/Meat Alternate (1 oz. or equivalent)					
Other food					

Measet
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BREAKFAST					
Fluid Milk (½ pint)	8oz 1% white/FFC	8oz CMC. ←			
Vegetable/Fruit/Juice (½ cup)	1/2c 100% juice	←			→
Grains/Breads (1 serving)	2oz bagel	1.24oz oatmeal bar 1oz cereal	2oz cereal 2oz cereal	2oz cereal	
Other food - Fruit	1/2c mixed fruit	1/2c mand. orange	1/2c peaches	1/2c applesauce	
Other food	1oz cream cheese/jelly		1oz syrup		
LUNCH					
Fluid Milk (½ pint)	8oz 1% white/FFC	8oz CMC. ←			→
Vegetable/Fruit (2 menu items to equal at least ¾ cup total)	Item 1	1/2c mashed potatoes	1/2c baked beans	1/2c marinara	1/2c red peppers
	Item 2	1/2c mixed fruit	1/2c mandarin oranges	1/2c peaches	1/2c tomato slices
Grains/Breads (1 serving)	bread	2oz bun	bread	croissant	
Meat/Meat Alternate (2 oz. or equivalent)	3 chicken strips	2oz Hot Dog	3.8oz max stx	4.1oz bell turkey sandwich	
Other food - Fruit	1/2c cantaloupe	1/2c watermelon	1/2c grapes	1/2c pears	
SNACK (2 of 4; only one liquid)					
Fluid Milk (½ pt.)					
Juice/Fruit/Vegetable (3/4 cup)					
Grains/Breads (1 Serving)					
Meat/Meat Alternate (1 oz. or equivalent)					
Other food					