

Sample Cold Breakfast Menus- SFSP

Day 1

Ready-to-eat cereals (lesser of $\frac{3}{4}$ cup or 1 oz)
 $\frac{1}{2}$ c orange slices
8 oz low-fat/fat-free milk*

Day 2

1 biscuit (25 gm or 0.9 oz)
with 1 T jelly variety
 $\frac{1}{2}$ c pear wedges
8 oz low-fat/fat-free milk*

Day 3

Blueberry muffin (50 gm or 1.8 oz)
 $\frac{1}{2}$ c fresh fruit cup (grapes, bananas, strawberries)
8 oz low-fat/fat-free milk*

Day 4

Whole wheat English muffin (25 gm or 0.9 oz)
with 2 T peanut butter
4 oz 100% grape juice**
8 oz low-fat/fat-free milk*

Day 5

French toast (63 gm or 2.2 oz)
with 1 T light maple syrup
 $\frac{1}{2}$ c grapes
8 oz low-fat/fat-free milk*

Day 6

Bagel (25 gm or 0.9 oz)
with 1 T light cream cheese
4 oz 100% orange juice**
8 oz low-fat/fat-free milk*

Day 7

Soft pretzel (25 gm or 0.9 oz)
with 1 T cheese sauce
 $\frac{1}{2}$ c apple slices
8 oz low-fat/fat-free milk*

Day 8

Grain fruit bar (63gm or 2.2 oz)
 $\frac{1}{2}$ c sliced strawberries
8 oz low-fat/fat-free milk*

Day 9

Waffle (31gm or 1.1 oz)
with 1 T light maple syrup
 $\frac{1}{2}$ c blueberries
8 oz low-fat/fat-free milk*

Day 10

Cinnamon raisin bread (25 gm or 0.9 oz)
 $\frac{1}{2}$ c apple sauce
8 oz low-fat/fat-free milk*

Day 11

Egg and sausage burrito (25 gm or 0.9 oz)
 $\frac{1}{2}$ c banana
8 oz low-fat/fat-free milk*

NOTES:

*Milk may be flavored or unflavored

**All fruit juices must be 100% juice

For Contract Bidding Purposes, all appropriate condiments, napkins, and straws must be provided.

Sample Cold Lunch Menus- SFSP

Day 1: Cold Sausage Pizza

Sausage - 1 ounce
Fresh Grapes - ¼ cup
Mozzarella Cheese - 1 ounce
Lettuce Salad - 1 cup
Crust - 1½ ounces minimum
French Dressing Packet - 1 tablespoon
Milk - 8 ounces*

Day 2: Turkey Club Sandwich

American Cheese - ½ ounce
Whole Nectarine (2½" diameter) - ½ cup
Sliced Turkey - 1½ ounces
Frozen 100 percent Apple Juice With spoon - ½ cup
Lettuce Leaf and Tomato Slice**
Salad Dressing Packet - 1 tablespoon
Hamburger Bun
Milk - 8 ounces*

Day 3: Snackin' Cheese and Breadsticks

Mozzarella Cheese Sticks - 2 ounces
Peach Slices - ¼ cup
Soft Breadsticks 2 large - 1½ ounces
Lettuce Salad - ½ cup
Meatless Spaghetti Sauce - ½ cup
French Dressing Packet - 1 tablespoon
Milk - 8 ounces*

Day 4: Ham Loaf Sandwich

Chopped Ham Loaf - 2 ounces
Enriched Wheat Bread - 2 slices
Fresh Broccoli Florets - ½ cup
Whole Apple (2½" diameter) - ½ cup
Ranch Dressing Packet - 1 tablespoon
Mustard and Salad Dressing Packets
Milk - 8 ounces*

Day 5: Ham and Turkey on a Roll

Shaved Ham - 1 ounce
Whole Orange, Cut (2½" diameter) - ½ cup
Shaved Turkey - 1 ounce
Cole Slaw / Sweet and Sour Dressing – ½ cup
Italian Bun - 1½ ounces minimum
Mustard and Salad Dressing Packets
Milk - 8 ounces*

Day 6: Salami Pita Supreme

Salami - 2 ounces
Pineapple Chunks With Coconut - ¼ cup
American Cheese - 1 ounce
Whole Medium Banana - ½ cup
Lettuce Leaf and Tomato Slice**
Mustard and Salad Dressing Packets
Pita - .9 ounce minimum
Milk - 8 ounces*

Day 7: Cold Pepperoni Pizza

Pepperoni - ½ ounce
Mixed Fruit - ¼ cup
Mozzarella Cheese - 2 ounces
Lettuce Salad - 1 cup
Crust - 1½ ounces minimum
French Dressing Packet - 1 tablespoon
Milk - 8 ounces*

Day 8: Mini Submarine Sandwich

American Cheese - ½ ounce
Raisin Packet - ¼ cup
Bologna - 1 ounce
Ruby Red Applesauce - ½ cup
Turkey - 1 ounce
Mustard and Salad Dressing Packets
Lettuce Leaf and Tomato Slice**
Oval Roll - 1½ ounces minimum
Milk - 8 ounces*

Day 9: Spiced Luncheon Meat

Spiced Luncheon Meat - 2 ounces
100% Pineapple/Orange Juice - ½ cup
American Cheese - ½ ounce
Whole Medium Banana - ½ cup
Enriched Bread - 2 slices
Mustard Packet
Milk - 8 ounces*

Day 10: Peanut Butter Sandwich

Peanut Butter - 2 tablespoons
Celery and Carrot Sticks – 1/8 cup each
Grape Jelly - 1 tablespoon
Pear Halves - ½ cup
Enriched Bread - 2 slices
Cheese Stick - 1 ounce
Milk - 8 ounces*

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Day 11: Chef Salad

Sliced Ham - ½ ounce

Lettuce - 1 cup

Sliced Turkey - ½ ounce

Tomato - ¼ cup

Shredded Cheese - ½ ounce

Low Fat Ranch Dressing Packet - 2 tablespoons

Boiled Egg - ½ egg

Corn Chips - .9 ounce minimum

Milk - 8 ounces*

*Choice of 1% chocolate or 2% white.

**Does not go towards meeting the vegetable/fruit component and MUST be packed separately from the sandwich.

All appropriate condiments, napkins, utensils, and straws must be provided.