

**SUMMER 2009
CYCLE 2**

CYCLE 2 2009 WEEKS OF:	<u>MONDAY</u> 6/15, 6/29, 7/13, 7/27	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>BREAKFAST</u> 6/22, 6/29, 7/6, 7/20 SCHOOLS ONLY	Jump Start Apple Jacks	Jump Start Mini Wheat	Jump Start Apple Jacks	Breakfast Breaks Cheerios	Breakfast Breaks Cinn. Toast
	Plain Milk, Low Fat, 8 oz.	Plain Milk, Low Fat, 8 oz.	Plain Milk, Low Fat, 8 oz.	Plain Milk, Low Fat, 8 oz.	Plain Milk, Low Fat, 8 oz.
<u>LUNCH: PARKS & SCHOOLS</u> Meat or Meat Alternate 2 oz. or equivalent	LUNCH BREAK Super Sub	Café Favorite Ham & Cheese	Turkey Wrap (7)1/2 oz. slices	Chicken Tenders (4)	LUNCH BREAK Uncrustable PB
Vegetable/Fruit Juice		Juice – 4 oz. Apple	Juice – 4 oz. Blue Raspberry	Juice – 4 oz. Green Apple	
Fruit		Fruit Cocktail ½ cup (#8 scoop)	Apple (1)	Carrot Sticks 2 oz. Ranch Dressing (1)	
Bread			Flour Tortilla – 10”	(2) Dinner Rolls	
Other/Condiments, Individual Packets		Mayonnaise, 1 packet	Mayonnaise, 1 packet	BBQ sauce or Ketchup, 1 packet	
Milk	Plain Milk, Low Fat, 8 oz.	Plain Milk, Low Fat – 8 oz.	Chocolate Milk, Low Fat, 8 oz.	Plain Milk, Low Fat, 8 oz.	Chocolate Milk, Low Fat, 8 oz.

Week of: 7/13 Strw. Gelatin/Fruit cocktail ½ cup (#8 scoop)