

DineRite/CDM  
Summer Program Menu

	5-Jul		6-Jul Hot		7-Jul Cold		8-Jul Cold		9-Jul Hot	
<b>B R K</b>			Banana Nut Muffin Grape Juice 1% Milk	1 oz 1/2 c 1 c	Honey Nut Cheerios Apple 1 med 1% Milk	1 oz 1 c 1 c	Bran Muffin Grape Juice 1% Milk	1 oz 1/2 c 1 c	Strawberry Poptart Banana 1 medium 1% Milk	1 3/4 c 1 c
<b>L U N C H</b>	HOLIDAY		Macaroni & Cheese Vegetarian Baked Beans Sliced Steamed Carrots Whole Orange 1 med 1% Milk	2/3 c 1/4 c 1/2 c 1 c	Cold Baked Chicken Tender Lowfat Dressing Whole Wheat Roll Broccoli Salad Cinnamon Apples 1% Milk	3 pcs 1 pkt 1 oz 1/2 c 1/4 c 1 c	Roast Beef Whole Wheat Bread Lettuce/Tomato Lo Fat Mayo Watermelon Slices 1% Milk	2 oz 2 sl 1/2 c 1 pkt 1/4 c 1 c	Whole Wheat Rotini Pasta with Italian Meat Sauce * Seasoned Corn Fresh Peach (in season) 1% Milk	1 c  1/4 c 1/2 cup 1 c
<b>S N K</b>			Cheese Crackers Orange Juice	1 3/4 cup	Bran Muffin Grape Juice	1 oz 3/4 c	Strawberry Poptart Orange Juice	1 3/4 c	Animal Crackers Apple Juice	1 oz 3/4 c
	12-Jul Hot		13-Jul Hot		14-Jul Cold		15-Jul Hot		16-Jul Cold	
<b>B R K</b>	Cinnamon Roll Apple 1 med 1% Milk	1.25 oz 1 c 1 c	Blueberry Muffin Apple Juice 1% Milk	1 oz 1/2 c 1 c	Honey Bun Apple 1 med 1% Milk	1.25 oz 1 c 1 c	Strawberry Poptart Orange 1 med 1% Milk	1 3/4 c 1 c	Frosted Flakes Banana 1 Med 1% Milk	1 oz 3/4 c 1 c
<b>L U N C H</b>	Meatloaf Whole Wheat Crackers Redskin Potatoes Whole Apple 1 med 1% Milk	3.15 oz 1 oz 1/2 c 1 c 1 c	Beef Ravioli Green Beans Whole Apple 1% Milk	1 c 1/2 c 1/2 c 1 c	Cold Bkd Chicken Tender Low Fat Dip Whole Wheat Roll Broccoli Florets Low Fat Dip Fresh Grapes 1% Milk	2 1 pkt 1 oz 1/2 c 1 pkt 1/4 c	Beef Teriyaki Strips Baked Wheat Chips Seasoned Corn Whole Orange 1% Milk	2.5 oz 1 oz 1/2 c 3/4 c 1 c	Turkey Cheese Whole Wheat Tortilla Garden Salad Cantaloupe Wedges 1% Milk	2 oz 1 oz 1 oz 1/2 c 1 c
<b>S N K</b>	Cinnamon Roll Fruit Punch Juice	1.25 oz 3/4 c	Cheez-It Grape Juice	1 oz 3/4 c	Strawberry Poptart Apple Juice	1 3/4 c	Cheese Crackers Fruit Punch Juice	1 3/4 c	Banana Nut Muffin Grape Juice	1 oz 3/4 c

DineRite/CDM  
Summer Program Menu

	19-Jul Cold		20-Jul Hot		21-Jul Cold		22-Jul Hot		23-Jul Cold	
<b>B R K</b>	Fruity Cheerios Orange 1 med 1 % Milk	1 oz 3/4 c 1 c	Cinnamon Roll Apple 1 med 1 % Milk	1.25 oz 1 c 1 c	Plain Cheerios Banana 1 med 1 % Milk	1 oz 3/4c 1 c	Blueberry Muffin Apple Juice 1 % Milk	1 oz 4 oz 1 c	Honey Bun Apple 1 med 1 % Milk	1.25 oz ½ c 1 c
<b>L U N C H</b>	Chicken Salad French Roll Lettuce/Tomato Slices Celery Sticks Sliced Pears 1% Milk	½ c 1 oz ¼ c ¼ c ¼ c 1 c	Meatloaf Whole wheat Crackers Redskin Potatoes Whole Apple 1 med 1 % Milk	3.15 oz 2 pks ½ c 1/2 c 1 c	Sliced Turkey Sliced Cheese Whole Wheat Roll Mayo/Mustard Packet Cucumber Slices Fruit Cup	2 oz .5 oz 1 oz 1 ea ¼ c 1/2 c	Beef Ravioli Green Beans Whole Apple 1 % Milk ¼ c	1 c 1/4 c ½ c 1 c Low Fat Dip Fresh Grapes 1 % Milk	3 ea 1 pkt 1 oz ½ c 1 pkt ¼ c 1 c	
<b>S N K</b>	Cinnamon Roll Fruit Punch Juice	1.25 oz 3/4 c	Cheese Crackers Orange Juice	1 pk 3/4c	Blueberry Muffin Apple Juice	1 oz 6 oz	Cheez-it Crackers Grape Juice	1 oz 3/4 c	Strawberry Poptart Apple Juice	1.83 oz ¾ c
	26-Jul Hot		27-Jul Cold		28-Jul Hot		29-Jul Cold		30-Jul Cold	
<b>B R K</b>	Strawberry Poptart Orange 1 med 1 % Milk	1.83 oz ¾ c 1 c	Frosted Flakes Banana 1 medium 1 % Milk	1 oz ¾ c 1 c	Banana Muffin Grape Juice 1 % Milk	1 oz ¾ c 1 c	Honey Nut Cheerios Apple 1 med 1 % Milk	1 oz 4 oz 1 c	Bran Muffin Fruit Cup 1 % Milk	1 oz ½ c 1 c
<b>L U N C H</b>	Beef Teriyaki Strips Baked Wheat Chips Seasoned Corn Whole Orange 1 % Milk	2.5 oz 1 oz ½ c ¾ c 1 c	Turkey Cheese Whole Wheat Tortilla Garden Salad Canteloupe Wedges 1 % Milk	2 oz .5 oz 1.5 oz ¼ c ¼ c 1 c	Macaroni & Cheese Veg Baked Beans Sliced Steamed Carrots Fruit Cup 1 % Milk	2/3 c 1/4 c ¼ c 1/2 c 1 c	Cold Baked Chicken Tende Lowfat Dressing Whole Wheat Roll Broccoli Salad Cinnamon Apples 1 % Milk	3 ea 1 pkt 1 oz ½ c ¼ c 1 c	Roast Beef Whole Wheat Bread Lettuce/Tomato Lowfat Mayo Watermelon Chunks 1 % Milk	2 oz 2 sl ½ c 1 pkt ¼ c 1 c
<b>S N K</b>	Cheese Crackers Fruit Punch Juice	1 pk ¾ c	Banana Muffin Grape Juice	1 oz ¾ c	Cheese Crackers Orange Juice	1 pkt 3/4 c	Bran Muffin Grape Juice	1 oz ¾ c	Strawberry Poptart Orange Juice	1.83 oz ¾ c