

DineRite/CDM  
Summer Program Menu

	7-Jun Hot		8-Jun Cold		9-Jun Hot		10-Jun Cold		11-Jun Hot	
<b>B R K</b>	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	Fruity Cheerios Orange 1 med 1 % Milk	1 oz 3/4 cup 1 c	Cinnamon Roll Apple 1 med 1 % Milk	1.25 oz 1 c 1 c
<b>L U N C H</b>	Baked Chicken Tender Lowfat Dressing Whole Wheat Roll Broccoli Salad Cinnamon Apples 1 % Milk	2 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 Pa with Italian Meat Sauce* Seasoned Corn Fresh Peach (in season) 1 % Milk	1 c 1 1/4 c 1/2 cup 1 c 1 c	Chicken Salad French Roll Lettuce/Tomato Slices Celery Sticks Sliced Pears 1 % Milk	1/2 c 1.25 oz 1/4 c 1/4 c 1/4 c 1 c	Meatloaf Whole Wheat Crackers Redskin Potatoes Whole Apple 1 med 1 % Milk	3.15 oz 1 oz 1/2 c 1 c 1 c
<b>S N K</b>	Bran Muffin Grape Juice	1 oz 3/4 c	Strawberry Poptart Orange Juice	1 3/4 cup	Animal Crackers Apple Juice	1 oz 3/4 c	Cinnamon Roll Fruit Punch Juice	1.25 oz 3/4 c	Cheese Crackers Orange Juice	1 pk 3/4 c
	14-Jun Cold		15-Jun Hot		16-Jun Cold		17-Jun Hot		18-Jun Cold	
<b>B R K</b>	Plain Cheerios Banana 1 med. 1% Milk	1 oz 3/4 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>	Sliced Turkey Sliced Cheese Whole Wheat Roll Mayo/Mustard packet Cucumber Slices Chilled Applesauce 1% Milk	2 oz 1 oz 1.35 oz 1 ea 1/2 c 1/4 c 1 c	Beef Ravioli Fresh Green Salad Whole Apple 1 % Milk	1 c 1 oz 1/2 c 1 c 1 c	Cold Bkd Chicken Tende 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 1/4 c 3/4 c 1 c
<b>S N K</b>	Blueberry Muffin Apple Juice	1 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 pk 3/4 c	Banana Nut Muffin Grape Juice	1 oz 3/4 c

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	21-Jun Hot		22-Jun Hot		23-Jun Cold		24-Jun Hot		25-Jun Cold	
<b>B R K</b>	Banana Nut Muffin	1 oz	Honey Nut Cheerios	1 oz	Bran Muffin	1 oz	Strawberry Poptart	1	Fruity Cheerios	1 oz
	Grape Juice	1/2 c	Apple 1 med	1 c	Grape Juice	1/2 c	Banana 1 medium	3/4 c	Orange 1 med	3/4 cup
	1% Milk	1 c.	1% Milk	1 c	1% Milk	1 c	1% Milk	1 c	1% Milk	1 c
<b>L U N C H</b>	Macaroni & Cheese	2/3 c	Baked Chicken Tender	2	Roast Beef	2 oz	Whole Wheat Rotini Pas	1 c	Tuna Salad	1/2 c
	Vegetarian Baked Beans	1/4 c	Lowfat Dressing	1 pkt	Whole Wheat Bread	2 sl	with Italian Meat Sauce*		French Roll	1.25 oz
	Sliced Steamed Carrots	1/4 c	Whole Wheat Roll	1 oz	Lettuce/Tomato	1/2 c	Seasoned Corn	1/4 c	Lettuce/Tomato Slices	1/4 c
	Whole Orange 1 med	3/4 c	Broccoli Salad	1/2 c	Lo Fat Mayo	1 pkt	Fresh Peach (in season)	1/2 cup	Celery Sticks	1/4 c
	1% Milk	1 c	Cinnamon Apples	1/4 c	Watermelon Slices	1/4 c	1% Milk	1 c	Sliced Pears	1/4 c
		1% Milk	1 c	1% Milk	1 c	1 c	1 c	1% Milk	1 c	
<b>S N K</b>	Cheese Crackers	1 pk	Bran Muffin	1 oz	Strawberry Poptart	1	Animal Crackers	1 oz	Cinnamon Roll	1.25 oz
	Orange Juice	3/4 c	Grape Juice	3/4 c	Orange Juice	3/4 cup	Apple Juice	3/4 c	Fruit Punch Juice	3/4 c
	28-Jun Hot		29-Jun Cold		30-Jun Hot		31-Jun Cold		1-Jul Hot	
<b>B R K</b>	Cinnamon Roll	1.25 oz	Plain Cheerios	1 oz	Blueberry Muffin	1 oz	Honey Bun	1.25 oz	Strawberry Poptart	1
	Apple 1 med	1 c	Banana 1 med.	3/4 c.	Apple Juice	1/2 c	Apple 1 med	1 c	Orange 1 med	3/4 c
	1% Milk	1 c	1% Milk	1 c.	1% Milk	1 c	1% Milk	1 c	1% Milk	1 c
<b>L U N C H</b>	Meatloaf	3.15 oz	Sliced Turkey	2 oz	Beef Ravioli	1 c	Cold Bkd Chicken Tende	2	Beef Teriyaki Strips	2.5 oz
	Whole Wheat Crackers	1 oz	Sliced Cheese	1 oz	Fresh Green Salad	1 oz	Low Fat Dip	1 pkt	Baked Wheat Chips	1 oz
	Redskin Potatoes	1/2 c	Whole Wheat Roll	1.35 oz	Whole Apple	1/2 c	Whole Wheat Roll	1 oz	Seasoned Corn	1/2 c
	Whole Apple 1 med	1 c	Mayo/Mustard packet	1 ea	1% Milk	1 c	Broccoli Florets	1/2 c	Whole Orange	3/4 c
	1% Milk	1 c	Cucumber Slices	1/2 c		1 c	Low Fat Dip	1 pkt	1% Milk	1 c
		Chilled Applesauce	1/4 c		1/4 c	Fresh Grapes	1/4 c			
		1% Milk	1 c		1 c	1% Milk	1 c			
<b>S N K</b>	Cheese Crackers	1 pk	Blueberry Muffin	1 oz	Cheez-It	1 oz	Strawberry Poptart	1	Cheese Crackers	1 pk
	Orange Juice	3/4 c	Apple Juice	3/4 c	Grape Juice	3/4 c	Apple Juice	3/4 c	Fruit Punch Juice	3/4 c