

MIDDLETOWN SUMMER BREAKFAST-LUNCH MENU - JUNE, 2007

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>JUNE 25</p> <p>2% Milk - 1 cup Cornflakes Cereal - ¾ cup Fresh Fruit - ½ cup</p>	<p>JUNE 26</p> <p>2% Milk - 1 cup Orange Juice - ½ cup Blueberry Muffin - 1 each (2 oz. serving)</p>	<p>JUNE 27</p> <p>2% Milk - 1 cup Apple Juice - ½ cup Raisin Bran Cereal - ¾ cup</p>	<p>JUNE 28</p> <p>2% Milk - 1 cup Pineapple Juice - ½ cup Low Sugar Cinnamon Toast Cereal - ¾ cup</p>	<p>JUNE 29</p> <p>2% Milk - 1 cup Apple Juice - ½ cup Cheerios Cereal - ¾ cup</p>
LUNCH				
<p>Sliced Ham, 2 oz. & American Cheese, ½ oz. ea. Mayonnaise - 1 pkt. Sliced Cucumber - ¼ cup Potato Chips - 1 pkg. Applesauce - ½ cup Grinder Roll - 1 each 2% milk - 8 oz.</p>	<p>Turkey & Cheese - 1 oz. ea. Mayonnaise - 1 pkt. Pretzels - 1 pkg. Fresh Fruit - 1 pc. Seeded Bun - 1 each Juice - ½ cup 2% Milk - 8 oz.</p>	<p>Bologna & Cheese - 2 oz. mt., ½ oz. ch. Carrot Sticks w/ Dip - ½ cup/1 pc. Mayonnaise - 1 pkt. Wheat Bread - 2 slices Fresh Fruit - 1 pc. Juice - ½ cup 2% Milk - 8 oz.</p>	<p>Tuna fish on a Bun - 2 oz. tuna, 1 bun Celery Sticks w/ Dip - ½ cup/1 pc. Potato Chips - 1 pkg. Fresh Fruit - 1 pc. 2% Milk - 8 oz.</p>	<p>Chicken Fillet - 2 oz. Leaf Lettuce - ½ cup Mayonnaise/Mustard - 1 pkt. ea. Star Cut Roll - 1 each Assorted Juice - ½ cup Fresh Fruit - 1 pc. 2% Milk - 8 oz.</p>

Please Note: All Juices are 100% and may be interchangeable, but not of the same fruit. All Milk is 2% and white and chocolate will be alternate. All Mini Muffins are 2.25 oz. and all Bagels are 2 oz. All protein based salads will have at least 2 oz of protein plus mixing!

MIDDLETOWN SUMMER BREAKFAST-LUNCH MENU - JULY, 2007

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>JULY 2</p> <p>2% Milk - 1 cup Orange Juice - 1/2 cup Corn Muffin - 1 each (2 oz. serving) Margarine - 1 pat Jelly - 1 pkt.</p>	<p>JULY 3</p> <p>2% Milk - 1 cup Grape Juice - 1/2 cup Rice Krispies Cereal - 3/4 cup</p>	<p>JULY 4</p> <p>CLOSED IN OBSERVANCE OF FOURTH OF JULY HOLIDAY</p>	<p>JULY 5</p> <p>2% Milk - 1 cup 100% Natural Fruit Juice - 1/2 cup Blueberry Muffin - 1 each (2 oz. serving)</p>	<p>JULY 6</p> <p>2% Milk - 1 cup Orange Juice - 1/2 cup Chispex Cereal - 3/4 cup</p>
LUNCH				
<p>Sliced Turkey, 2 oz. & American Cheese, 1/2 oz. Mayonnaise - 1 pkt. Celery Sticks - 1/2 cup Ranch Dressing - 1 pc. Fresh Fruit - 1 pc. Whole Wheat Roll - 1 each Oatmeal Cookie - 1 each 2% Milk - 8 oz.</p>	<p>Sliced Ham & Swiss Cheese - 2 oz. mt., 1 oz. ch. Mayo/Mustard - 1 pkt. each Tossed Salad w/ Dressing - 1/2 cup/1 pc. Rye Bread - 2 slices Potato Chips - 1 pkg. Fresh Fruit - 1 pc. 2% Milk - 8 oz.</p>	<p>Cold Cut Grinder - 1 each 2 oz. Meat - (Salami & Bologna) 1/2 oz. Cheese 1 each Grinder Roll Lettuce & Tomato - 1/2 cup Mayo/Mustard - 1 pkt. ea. Fresh Fruit - 1 pc. Animal Crackers - 1 pkg. 2% Milk - 8 oz.</p>	<p>Chicken Salad Pita Pocket 1/2 cup Chicken Salad 1 each Wheat Pita Pocket Shredded Lettuce - 1/2 cup Sliced American Cheese - 1 oz. Melon Wedge - 1 each (1/2 cup equivalent) Juice - 1/2 cup 2% Milk - 8 oz.</p>	<p>2% Milk - 1 cup Apple Juice - 1/2 cup Raisin Bran Cereal - 3/4 cup</p>
BREAKFAST				
<p>JULY 9</p> <p>2% Milk - 1 cup Apple Juice - 1/2 cup Raisin Bagel w/ Cream Cheese - 1 each/1 pc.</p>	<p>JULY 10</p> <p>2% Milk - 1 cup Pineapple Juice - 1/2 cup Low Sugar Frosted Mini Wheat's Cereal - 3/4 cup</p>	<p>JULY 11</p> <p>2% Milk - 1 cup Cornflakes Cereal - 3/4 cup Fresh Fruit - 1/2 cup</p>	<p>JULY 12</p> <p>2% Milk - 1 cup Orange Juice - 1/2 cup Blueberry Muffin - 1 each (2 oz. serving)</p>	<p>JULY 13</p> <p>2% Milk - 1 cup Apple Juice - 1/2 cup Raisin Bran Cereal - 3/4 cup</p>
LUNCH				
<p>Uncrustable Peanut Butter & Jelly Sandwich - (1 oz. protein/1/4 grain) 1 each Mozzarella Stick - 1 oz. Saltines - 1 pkg. Fresh Fruit - 1 pc. Juice - 1/2 cup 2% Milk - 8 oz.</p>	<p>Sliced Ham, 2 oz. & American Cheese, 1/2 oz. ea. Mayonnaise - 1 pkt. Sliced Cucumber - 1/2 cup Potato Chips - 1 pkg. Applesauce - 1/2 cup Grinder Roll - 1 each 2% Milk - 8 oz.</p>	<p>Turkey & Cheese - 1 oz. ea. Mayonnaise - 1 pkt. Pretzels - 1 pkg. Fresh Fruit - 1 pc. Seeded Bun - 1 each Juice - 1/2 cup 2% Milk - 8 oz.</p>	<p>Bologna & Cheese - 2 oz. mt., 1/2 oz. ch. Carrot Sticks w/ Dip - 1/2 cup/1 pc. Mayonnaise - 1 pkt. Wheat Bread - 2 slices Fresh Fruit - 1 pc. Juice - 1/2 cup 2% Milk - 8 oz.</p>	<p>Tuna/ish on a Bun - 2 oz. tuna, 1 bun Celery Sticks w/ Dip - 1/2 cup/1 pc. Potato Chips - 1 pkg. Fresh Fruit - 1 pc. 2% Milk - 8 oz.</p>

Please Note: All Juices are 100% and may be interchangeable, but not of the same fruit. All Milk is 2% and white and chocolate will be alternate. All Mini Muffins are 2.25 oz. and all Bagels are 2 oz. All protein based salads will have at least 2 oz of protein plus mixing.

MIDDLETOWN SUMMER BREAKFAST-LUNCH MENU - JULY, 2007

FRIDAY

THURSDAY

WEDNESDAY

TUESDAY

MONDAY

DATE	DATE	DATE	DATE	DATE
JULY 16	JULY 17	JULY 18	JULY 19	JULY 20
2% Milk - 1 cup Pineapple Juice - 1/2 cup Low Sugar Cinnamon Toast Cereal - 3/4 cup	2% Milk - 1 cup Apple Juice - 1/2 cup Cheerios Cereal - 3/4 cup	2% Milk - 1 cup Orange Juice - 1/2 cup Corn Muffin - 1 each (2 oz. serving) Margarine - 1 pat. Jelly - 1 pkt.	2% Milk - 1 cup Grape Juice - 1/2 cup Rice Krispies Cereal - 3/4 cup	2% Milk - 1 cup 100% Natural Fruit Juice - 1/2 cup Blueberry Muffin - 1 each (2 oz. serving)
LUNCH				
Chicken Fillet - 2 oz. Leaf Lettuce - 1/2 cup Mayonnaise/Mustard - 1 pkt. ea. Star Cut Roll - 1 each Assorted Juice - 1/2 cup Fresh Fruit - 1 pc. 2% Milk - 8 oz.	Sliced Turkey, 2 oz. & American Cheese, 1/2 oz. Mayonnaise - 1 pkt. Celery Sticks - 1/2 cup Ranch Dressing - 1 pc. Fresh Fruit - 1 pc. Whole Wheat Roll - 1 each Oatmeal Cookie - 1 each 2% Milk - 8 oz.	Sliced Ham & Swiss Cheese - 2 oz. mt., 1 oz. ch. Mayonnaise/Mustard - 1 pkt. each Tossed Salad w/ Dressing - 1/2 cup/1 pc. Rye Bread - 2 slices Potato Chips - 1 pkg. Fresh Fruit - 1 pc. 2% Milk - 8 oz.	Cold Oven Fried Chicken - 1 pc. Coleslaw - 1/2 cup Dinner Rolls - 1 each Fresh Fruit - 1 pc. 2% Milk - 8 oz.	Cold Cut Grinder - 1 each 2 oz. Meat - (Salami & Bologna) 1/2 oz. Cheese 1 each Grinder Roll Lettuce & Tomato - 1/2 cup Mayo/Mustard - 1 pkt. ea. Fresh Fruit - 1 pc. Animal Crackers - 1 pkg. 2% Milk - 8 oz.
BREAKFAST				
JULY 23	JULY 24	JULY 25	JULY 26	JULY 27
2% Milk - 1 cup Orange Juice - 1/2 cup Crispex Cereal - 3/4 cup	2% Milk - 1 cup Apple Juice - 1/2 cup Raisin Bagel w/ Cream Cheese - 1 each/1 pc.	2% Milk - 1 cup Pineapple Juice - 1/2 cup Low Sugar Frosted Mini Wheat's Cereal - 3/4 cup	2% Milk - 1 cup Cornflakes Cereal - 3/4 cup Fresh Fruit - 1/2 cup	2% Milk - 1 cup Orange Juice - 1/2 cup Blueberry Muffin - 1 each (2 oz. serving)
LUNCH				
Chicken Salad Pita Pocket 1/2 cup Chicken Salad 1 each w/ w/ut Pita Pocket Shredded Lettuce - 1/2 cup Sliced American Cheese - 1 oz. Melon Wedge - 1 each (1/2 cup equivalent) Juice - 1/2 cup 2% Milk - 8 oz.	Unrustable Peanut Butter & Jelly Sandwich - (1 oz. protein/1 1/4 grain) 1 each Mozzarella Stick - 1 oz. Saltines - 1 pkg. Fresh Fruit - 1 pc. Juice - 1/2 cup 2% Milk - 8 oz.	Sliced Ham, 2 oz. & American Cheese, 1/2 oz. ea. Mayonnaise - 1 pkt. Sliced Cucumber - 1/4 cup Potato Chips - 1 pkg. Applesauce - 1/2 cup Grinder Roll - 1 each 2% milk - 8 oz.	Turkey & Cheese - 1 oz. ea. Mayonnaise - 1 pkt. Pretzels - 1 pkg. Fresh Fruit - 1 pc. Seeded Bun - 1 each Juice - 1/2 cup 2% Milk - 8 oz.	Bologna & Cheese - 2 oz. mt., 1/2 oz. ch. Carrot Sticks w/ Dip - 1/2 cup/1 pc. Mayonnaise - 1 pkt. Wheat Bread - 2 slices Fresh Fruit - 1 pc. Juice - 1/2 cup 2% Milk - 8 oz.

Please Note: All juices are 100% and may be interchangeable, but not of the same fruit. All Milk is 2% and white and chocolate will be alternate. All Mini Muffins are 2.25 oz. and all Bagels are 2 oz. All protein based salads will have at least 2 oz of protein plus mixing.

MIDDLETOWN SUMMER BREAKFAST-LUNCH MENU - JULY, 2007			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>JULY 30</p> <p>2% Milk - 1 cup Apple Juice - ½ cup Raisin Bran Cereal - ¾ cup</p>	<p>JULY 31</p> <p>2% Milk - 1 cup Pineapple Juice - ½ cup Low Sugar Cinnamon Toast Cereal - ¾ cup</p>		FRIDAY
BREAKFAST			
LUNCH			
<p>Tuna fish on a Bun - 2 oz. tuna, 1 bun Celery Sticks w/ Dip - ½ cup/1 pc. Potato Chips - 1 pkg. Fresh Fruit - 1 pc. 2% Milk - 8 oz.</p>	<p>Chicken Filet - 2 oz. Leaf Lettuce - ½ cup Mayonnaise/Mustard - 1 pkt. ea. Star Cut Roll - 1 each Assorted Juice - ½ cup Fresh Fruit - 1 pc. 2% Milk - 8 oz.</p>		

Above noted All juices are 100% and may be interchangeable, but not of the same fruit. All Milk is 2% and white and chocolate will be alternated
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MIDDLETOWN SUMMER BREAKFAST-LUNCH MENU - AUGUST, 2007

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST				
		AUGUST 1	AUGUST 2	AUGUST 3
2% Milk - 1 cup 100% Natural Fruit Juice - 1/2 cup Blueberry Muffin - 1 each (2 oz. serving)	2% Milk - 1 cup Apple Juice - 1/2 cup Cheerios Cereal - 3/4 cup	2% Milk - 1 cup Orange Juice - 1/2 cup Corn Muffin - 1 each (2 oz. serving) Margarine - 1 pat Jelly - 1 pbt.	2% Milk - 1 cup Orange Juice - 1/2 cup Cold Oven Fried Chicken - 1 pc. Coleslaw - 1/2 cup Dinner Rolls - 1 each Fresh Fruit - 1 pc. 2% Milk - 8 oz.	2% Milk - 1 cup Grape Juice - 1/2 cup Rice Krispies Cereal - 3/4 cup
LUNCH				
		AUGUST 1	AUGUST 2	AUGUST 3
		Sliced Turkey, 2 oz. & American Cheese, 1/2 oz. & Mayonnaise - 1 pbt. Celery Sticks - 1/2 cup Ranch Dressing - 1 pc. Fresh Fruit - 1 pc. Whole Wheat Roll - 1 each Oatmeal Cookie - 1 each 2% Milk - 8 oz.	Sliced Ham & Swiss Cheese - 2 oz. mt., 1 oz. ch. Mayo./Mustard - 1 pbt. each Tossed Salad w/ Dressing - 1/2 cup/1 pc. Rye Bread - 2 slices Potato Chips - 1 pkg. Fresh Fruit - 1 pc. 2% Milk - 8 oz.	Sliced Ham & Swiss Cheese - 2 oz. mt., 1 oz. ch. Mayo./Mustard - 1 pbt. each Tossed Salad w/ Dressing - 1/2 cup/1 pc. Rye Bread - 2 slices Potato Chips - 1 pkg. Fresh Fruit - 1 pc. 2% Milk - 8 oz.
BREAKFAST				
	AUGUST 6	AUGUST 7	AUGUST 8	AUGUST 9
2% Milk - 1 cup 100% Natural Fruit Juice - 1/2 cup Blueberry Muffin - 1 each (2 oz. serving)	2% Milk - 1 cup Orange Juice - 1/2 cup Crispex Cereal - 3/4 cup	2% Milk - 1 cup Apple Juice - 1/2 cup Raisin Bagel w/ Cream Cheese - 1 each/1 pc.	2% Milk - 1 cup Pineapple Juice - 1/2 cup Low Sugar Frosted Mini Wheat's Cereal - 3/4 cup	2% Milk - 1 cup Cornflakes Cereal - 3/4 cup Fresh Fruit - 1/2 cup
LUNCH				
	AUGUST 6	AUGUST 7	AUGUST 8	AUGUST 9
Cold Cut Grinder - 1 each 2 oz. Meat - (Sausage & Bologna) 1/2 oz. Cheese 1 each Grinder Roll Lettuce & Tomato - 1/2 cup Mayo./Mustard - 1 pbt. ea. Fresh Fruit - 1 pc. Animal Crackers - 1 pkg. 2% Milk - 8 oz.	Chicken Salad Pita Pocket 1/2 cup Chicken Salad 1 each Wheat Pita Pocket Shredded Lettuce - 1/2 cup Sliced American Cheese - 1 oz. Melon Wedge - 1 each (1/2 cup equivalent) Juice - 1/2 cup 2% Milk - 8 oz.	Uncrustable Peanut Butter & Jelly Sandwich - (1 oz. protein/1 1/4 grain) 1 each Mozzarella Stick - 1 oz. Saltines - 1 pkg. Fresh Fruit - 1 pc. Juice - 1/2 cup 2% Milk - 8 oz.	Sliced Ham, 2 oz. & American Cheese, 1/2 oz. ea. Mayonnaise - 1 pbt. Sliced Cucumber - 1/4 cup Potato Chips - 1 pkg. Applesauce - 1/2 cup Grinder Roll - 1 each 2% milk - 8 oz.	Turkey & Cheese - 1 oz. ea. Mayonnaise - 1 pbt. Pretzels - 1 pkg. Fresh Fruit - 1 pc. Seeded Bun - 1 each Juice - 1/2 cup 2% Milk - 8 oz.

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MIDDLETOWN SUMMER BREAKFAST-LUNCH MENU - AUGUST, 2007

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>AUGUST 13</p> <p>2% Milk - 1 cup Orange Juice - 1/2 cup Blueberry Muffin - 1 each (2 oz. serving)</p>	<p>AUGUST 14</p> <p>2% Milk - 1 cup Apple Juice - 1/2 cup Raisin Bran Cereal - 3/4 cup</p>	<p>AUGUST 15</p> <p>2% Milk - 1 cup Pineapple Juice - 1/2 cup Low Sugar Cinnamon Toast Cereal - 3/4 cup</p>	<p>AUGUST 16</p> <p>2% Milk - 1 cup Apple Juice - 1/2 cup Cheerios Cereal - 3/4 cup</p>	<p>AUGUST 17</p> <p>2% Milk - 1 cup Orange Juice - 1/2 cup Corn Muffin - 1 each (2 oz. serving) Margarine - 1 pat Jelly - 1 pkt.</p>
LUNCH				
<p>Bologna & Cheese - 2 oz. mt., 1/2 oz. ch. Carrot Sticks w/ Dip - 1/2 cup/1 pc. Mayonnaise - 1 pkt. Wheat Bread - 2 slices Fresh Fruit - 1 pc. Juice - 1/2 cup 2% Milk - 8 oz.</p>	<p>Tuna fish on a Bun - 2 oz. tuna, 1 bun Celery Sticks w/ Dip - 1/2 cup/1 pc. Potato Chips - 1 pkg. Fresh Fruit - 1 pc. 2% Milk - 8 oz.</p>	<p>Chicken Fillet - 2 oz. Leaf Lettuce - 1/2 cup Mayonnaise/Mustard - 1 pkt. ea. Star Cut Roll - 1 each Assorted Juice - 1/2 cup Fresh Fruit - 1 pc. 2% Milk - 8 oz.</p>	<p>Sliced Turkey, 2 oz. & American Cheese, 1/2 oz. Mayonnaise - 1 pkt. Celery Sticks - 1/2 cup Ranch Dressing - 1 pc. Fresh Fruit - 1 pc. Whole Wheat Roll - 1 each Oatmeal Cookie - 1 each 2% Milk - 8 oz.</p>	<p>Sliced Ham & Swiss Cheese - 2 oz. mt., 1 oz. ch. Mayonnaise/Mustard - 1 pkt. each Tossed Salad w/ Dressing - 1/2 cup/1 pc. Rye Bread - 2 slices Potato Chips - 1 pkg. Fresh Fruit - 1 pc. 2% Milk - 8 oz.</p>
BREAKFAST				
<p>AUGUST 20</p> <p>2% Milk - 1 cup Grape Juice - 1/2 cup Rice Krispies Cereal - 3/4 cup</p>	<p>AUGUST 21</p> <p>2% Milk - 1 cup 100% Natural Fruit Juice - 1/2 cup Blueberry Muffin - 1 each (2 oz. serving)</p>	<p>AUGUST 22</p> <p>2% Milk - 1 cup Orange Juice - 1/2 cup Crispex Cereal - 3/4 cup</p>	<p>AUGUST 23</p> <p>2% Milk - 1 cup Apple Juice - 1/2 cup Raisin Bagel w/ Cream Cheese - 1 each/1 pc.</p>	<p>AUGUST 24</p> <p>2% Milk - 1 cup Pineapple Juice - 1/2 cup Low Sugar Frosted Mini Wheat's Cereal - 3/4 cup</p>
LUNCH				
<p>Cold Oven Fried Chicken - 1 pc. Coleslaw - 1/2 cup Dinner Rolls - 1 each Fresh Fruit - 1 pc. 2% Milk - 8 oz.</p>	<p>Cold Cut Grinder - 1 each 2 oz. Meat - (Salami & Bologna) 1/2 oz. Cheese 1 each Grinder Roll Lettuce & Tomato - 1/2 cup Mayonnaise/Mustard - 1 pkt. ea. Fresh Fruit - 1 pc. Animal Crackers - 1 pkg. 2% Milk - 8 oz.</p>	<p>Chicken Salad Pita Pocket 1/2 cup Chicken Salad 1 each Wheat Pita Pocket Shredded Lettuce - 1/2 cup Sliced American Cheese - 1 oz. Melon Wedge - 1 each (1/2 cup equivalent) Juice - 1/2 cup 2% Milk - 8 oz.</p>	<p>Untrustable Peanut Butter & Jelly Sandwich - (1 oz. protein/1/4 grain) 1 each Mozzarella Stick - 1 oz. Saltines - 1 pkg. Fresh Fruit - 1 pc. Juice - 1/2 cup 2% Milk - 8 oz.</p>	<p>Sliced Ham, 2 oz. & American Cheese, 1/2 oz. ea. Mayonnaise - 1 pkt. Sliced Cucumber - 1/2 cup Potato Chips - 1 pkg. Applesauce - 1/2 cup Grinder Roll - 1 each 2% Milk - 8 oz.</p>

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