

Happy Helpings, Georgia's Summer Food Service Program

SAMPLE BREAKFAST CYCLE MENU

Minimum Meal Pattern - 8 oz. Fluid Milk, ½ c Fruit/Vegetable and/or Juice, and 1 oz. eq. Grain. Meat/Meat Alternate is optional.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---|---|---|--|--|
| Week 1 | Breakfast parfait with low-fat yogurt, mixed berries, and granola Low-fat or fat-free milk | WG Pancakes Fresh blueberries Low-fat or fat-free milk | Peanut Butter & Banana Wrap (WG Tortilla) Low-fat or fat-free milk | Scrambled eggs with sautéed spinach on English Muffin Apple slices Low-fat or fat-free milk | WG Cereal Fresh strawberries Low-fat or fat-free milk |
| Week 2 | Oatmeal Fresh blueberries Low-fat or fat-free milk | Banana Muffin Fresh orange slices Low-fat or fat-free milk | Greek yogurt with granola Fresh peaches Low-fat or fat-free milk | Breakfast Burrito Apple slices Low-fat or fat-free milk | WG Cereal Banana slices Low-fat or fat-free milk |
| Week 3 | Bagel with light cream cheese Fresh orange Low-fat or fat free milk | WG Waffles Fresh peaches Low-fat or fat free milk | Blueberry Muffin Whole banana Low-fat or fat-free milk | Breakfast parfait with low-fat yogurt, strawberries , and granola Low-fat or fat-free milk | WG Cereal Fresh blackberries Low-fat or fat-free milk |
| Week 4 | Breakfast Burrito Fresh raspberries Low-fat or fat-free milk | Oatmeal Mixed berries Low-fat or fat-free milk | WG French Toast Sticks Orange slices Low-fat or fat-free milk | Turkey sausage biscuit Fresh melon chunks Low-fat or fat-free milk | WG Cereal Fresh blueberries Low-fat or fat-free milk |

WG = Whole Grain

Serve all three components and the minimum serving sizes for a reimbursable breakfast meal.

Bold items are summer season produce.

This institution is an equal opportunity provider.

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SAMPLE LUNCH/SUPPER CYCLE MENU

Minimum Meal Pattern - 8 oz. Fluid Milk, ¾ cup Fruit/Juice/Vegetable (from 2 or more items), 1 oz. eq. Grain , and 2 oz. Meat/Meat Alternate

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|--|--|--|---|---|
| Week 1 | Grilled Children Wrap on WG Tortilla Carrot sticks Mixed fruit Low-fat or fat-free milk | Chicken Stir Fry Brown Rice Sliced oranges Steamed broccoli Low-fat or fat-free milk | Turkey and cheese sandwich Baby carrots with dip Apple slices Low-fat or fat-free milk | Grilled Chicken Strips Pasta salad Orange slices Low-fat or fat-free milk | Veggie Burger on WG Bun Sweet Potato Fries Peach slices Low-fat or fat-free milk |
| Week 2 | Chicken salad Whole wheat roll Pineapple chunks Low-fat or fat-free milk | Veggie Quesadilla Black bean salad Mango slices Low-fat or fat-free milk | Turkey Wrap Baby carrots and dip Orange slices Low-fat or fat-free milk | Taco Salad Corn and Black Bean Salsa Pineapple chunks Low-fat or fat-free milk | Sloppy Joe on WG Bun Potato Wedges Fresh strawberries Low-fat or fat-free milk |
| Week 3 | BBQ Chicken Corn on the cob Coleslaw Apple slices Low-fat or fat free milk | Meat & Cheese Pizza Mixed Green Salad Orange slices Low-fat or fat free milk | Chicken Nachos Salsa Fresh Strawberries Low-fat or fat-free milk | Tuna Salad WG Crackers Apple slices Bell pepper strips Low-fat or fat-free milk | Peanut Butter & Jelly Sandwich on WG Bread Baby carrots Kiwi slices Low-fat or fat-free milk |
| Week 4 | Spaghetti & Meatballs with WG Roll Mixed Green Salad Corn on the cob Low-fat or fat-free milk | Chicken Wrap Bell pepper strips & dip Mango slices Low-fat or fat-free milk | Meatloaf WG Roll Mashed potatoes Green beans Low-fat or fat-free milk | Beef Hot Dog on WG Bun Baked Beans Fresh cantaloupe Low-fat or fat-free milk | Cheeseburger on WG Bun Sweet Potato Fries Baby carrots and dip Low-fat or fat-free milk |

WG = Whole Grain

Serve all four components and the minimum serving sizes for a reimbursable lunch and/or supper meal.

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SAMPLE SNACK CYCLE MENU

Minimum Meal Pattern - 8 oz. Fluid Milk, ¾ cup Fruit/Juice/Vegetable, 1 oz. eq. Grain , and/or 1 oz. Meat/Meat Alternate

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---|---|--|---|---|
| Week 1 | Banana bread Watermelon chunks | Carrot sticks Hummus | Cantaloupe smiles Low-fat or fat-free milk | Apple slices Nut or seed butter | Turkey & Cheese Roll Up 100% fruit juice |
| Week 2 | Cereal Fresh strawberries Low-fat or fat-free milk | Rice cake Nut or seed butter | WG crackers and cheese 100% fruit juice | Mango salsa Pita chips | Oatmeal Fresh peaches |
| Week 3 | WG soft pretzel 100% fruit juice | Watermelon parfait Low-fat or fat-free milk | Graham crackers Yogurt | Fruit salad Low-fat or fat-free milk | Chicken salad WG crackers |
| Week 4 | Animal crackers Watermelon chunks | Ham & Cheese Roll Up 100% fruit juice | Croissant Mixed fruit cup | Veggie strips or sticks Hummus | Raspberry Muffin Low-fat or fat-free milk |

WG = Whole Grain

Serve two of the four components and the minimum serving sizes for a reimbursable snack.

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