

## Summer Menu (June, July, August)

**2% Milk served for 20 months and up (Asia, Antarctica, Australia and Africa Rooms, North & South America Summer Lunch Program Children)**

**3% Milk served to under 20 months (Europe Rooms)**

*Blue=Dairy Allergy Substitute*

*Red=Meat Substitute (Tofu, Ground Round, TVP-Textured Vegetable Protein, Tin Fish, Beans, Lentils, Veggie/Veggie Ham/Round)*

*Green= Gluten Allergy Substitute*

*Yellow=Egg Allergy Substitute*

Fruit & Vegetable Selections are based on seasonal availability

### Week 1

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast/Am Snack Available</b> <b>6:30am-8:30am</b> (Europe Room extra snack on demand 6:30am-6pm - cheese cubes, crackers, baby puffs, baby fruit bars, yogurts, applesauce, variety fruit etc.)	<b><u>Cereal &amp; Fruit Selection</u></b> Raisin Bran, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Fruit Selection Milk <i>(Soy/Rice)</i>	<b><u>Fruit Dippers</u></b> Fruit Slices Yogurt Dip <i>(Dairy Free Yogurt)</i> Water	<b><u>Applesauce Dippers</u></b> Tin Applesauce Sweet Crackers <i>(Gluten Free Crackers)</i> Apples Water	<b><u>Flax Pancakes &amp; Fruit</u></b> Ground Flax Pancake Mix <i>(Gluten Free Pancake Mix)</i> Fruit Slices Syrup Dip (Side) Water	<b><u>Cereal &amp; Fruit Selection</u></b> (Raisin Bran, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Fruit Selection Milk <i>(Soy/Rice)</i>
<b>Lunch</b> <b>11:15am-12:00pm</b> (Europe Room extra snack on demand 6:30am-6pm - cheese cubes, crackers, baby puffs, baby fruit bars, yogurts, applesauce, variety fruit etc.)	<b><u>Veggie Nuggets, Cheese Cubes &amp; Garlic Pasta</u></b> Pureed Broccoli, Carrot, Cauliflower Mashed Potato Eggs <i>Tin Chickpeas</i> Breadcrumbs <i>(Crushed Chex)</i> Variety Seasonings Real Cheese Cubes (Side) <i>(Dairy Free Cheese)</i> White & Whole Wheat Pasta Blend <i>(Rice Pasta)</i> Garlic Seasoned Butter <i>(Vegan Margarine)</i> Milk & Water <i>(Soy/Rice Milk)</i>	<b><u>Ham &amp; Cheese Roll Ups</u></b> Whole Wheat Tortillas <i>(Gluten Free Wraps)</i> Thin Ham Lunch Meat <i>(Veggie "Ham")</i> Shredded Cheese <i>(Dairy Free Cheese)</i> Vegetable Sticks Variety Condiments Milk & Water <i>(Soy/Rice Milk)</i>	<b><u>Sloppy Joe Sandwiches</u></b> Whole Wheat Hamburger Buns <i>(Gluten Free Bread)</i> Ground Beef <i>(Ground Round)</i> Tomato Sauce Tin Diced Tomato Variety Seasonings Vegetable Sticks Milk & Water <i>(Soy/Rice Milk)</i>	<b><u>Chicken Ranch Casserole</u></b> Chicken Breast Chunks <i>(Tofu)</i> Dry Ranch Seasoning White & Whole Wheat Pasta Mix <i>(Rice Pasta)</i> Frozen Mixed Vegetables (IN) Vegetable Sticks (Side) Shredded Cheese <i>(Dairy Free Cheese)</i> Milk & Water <i>(Soy/Rice Milk)</i>	<b><u>Fish Fettuccini Alfredo</u></b> Flaked White Fish <i>(Tofu for Vegan)</i> White & Whole Wheat Pasta Blend <i>(Rice Pasta)</i> Cooked Broccoli & Cauliflower Package/Jar Alfredo Sauce (Side) <i>(Made with Rice/Soy Milk)</i> Milk & Water <i>(Soy/Rice Milk)</i>
<b>Pm Snack</b> <b>2:30-3:15pm</b> (Europe Room extra snack on demand 6:30am-6pm - cheese cubes, crackers, baby puffs, baby fruit bars, yogurts, applesauce, variety fruit etc.)	<b><u>Fruit Nachos</u></b> Chunky Fruit Salsa Cinnamon Cream Cheese Drizzle <i>(Dairy Free Spread)</i> Baked Pita/Tortilla Pieces <i>(Gluten Free Cracker)</i> Water	<b><u>Baked Apple Pie Egg Rolls</u></b> Egg Roll Wrappers <i>(Rolled out Gluten Free Bread- also for Egg Allergy)</i> Sliced Apples Cinnamon Brown Sugar Butter <i>(Vegan Margarine)</i> Water	<b><u>Circle Snack</u></b> Tin Pineapple Rings Variety Rice Cakes Water	<b><u>Raspberry Cheese Cake Oatmeal Muffins</u></b> Oatmeal Muffin Mix <i>(Gluten Free Muffin Mix)</i> Raspberry Puree Cream Cheese Drizzle (Dairy Free Spread) Icing Sugar Water	<b><u>Mini Ice Cream Cups</u></b> Vanilla Ice Cream <i>(Fruit Sorbet)</i> & Frozen Fruit Puree Sweet Crackers <i>(Rice Crackers)</i> Water

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Fruit & Vegetable Selections are based on seasonal availability

### Week 2

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast/Am Snack Available</b> <b>6:30am-8:30am</b> (Europe Room extra snack on demand 6:30am-6pm - cheese cubes, crackers, baby puffs, baby fruit bars, yogurts, applesauce, variety fruit etc.)	<b><u>Cereal &amp; Fruit Selection</u></b> (Raisin Bran, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Fruit Selection Milk <i>(Soy/Rice)</i>	<b><u>Fruit Dippers</u></b> Fruit Slices Yogurt Dip <i>(Dairy Free Yogurt)</i> Water	<b><u>Flax Pancakes &amp; Fruit</u></b> Ground Flax Pancake Mix <i>(Gluten Free Pancake Mix)</i> Fruit Slices Syrup Dip (Side) Water	<b><u>Toast &amp; Toppings</u></b> Whole Wheat Bread <i>(Gluten Free Bread)</i> Variety Toppings (Jam, Lemon, Margarine, Wow Butter, Cream Cheese) Water	<b><u>Cereal &amp; Fruit Selection</u></b> (Raisin Bran, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Fruit Selection Milk <i>(Soy/Rice)</i>
<b>Lunch</b> <b>11:15am-12:00pm</b> (Europe Room extra snack on demand 6:30am-6pm - cheese cubes, crackers, baby puffs, baby fruit bars, yogurts, applesauce, variety fruit etc.)	<b><u>Baby Baja Fish Taco</u></b> Frozen Fish Sticks <i>(Tofu for Vegan)</i> Mini White Tortillas <i>(Gluten Free Wrap)</i> Shredded Red Cabbage Green Coleslaw (Side) Frozen Corn Fruit Slices Variety Condiments Milk & Water <i>(Soy/Rice Milk)</i>	<b><u>Chicken Salad Stackers</u></b> Chicken Breast Chunks <i>(Tofu)</i> Garlic Mayo Aoli Dip (Side) <i>(Dairy Free Dressing)</i> Green Onion Cucumber Slices Whole Wheat Crackers/ Bread Rusk <i>(Rice Crackers)</i> Milk & Water <i>(Soy/Rice Milk)</i>	<b><u>Baby Beef Dippers</u></b> Shredded Roast Beef <i>(Ground Round)</i> Whole Wheat Buns <i>(Gluten Free Bread)</i> Au Juis Dip (From Beef & Beef Broth) <i>(Vegetable Stock for Vegan)</i> Garden Salad <i>(Cooked Vegetables for Younger Rooms)</i> Milk & Water <i>(Soy/Rice Milk)</i>	<b><u>Turkey Taco Bake</u></b> Ground Turkey <i>(TVP/Ground Round)</i> Taco Seasoning White & Whole Wheat Pasta Mix <i>(Rice Pasta)</i> Frozen Vegetables (In) Vegetable Sticks Tin Bean Medley Shredded Cheese <i>(Dairy Free Cheese)</i> Milk & Water <i>(Soy/Rice Milk)</i>	<b><u>Asian Pork Stir Fry</u></b> Pork Chop Chunks <i>(Ground Round)</i> (Ground Pork for younger rooms) <i>(Ground Round)</i> Rice Noodles Shredded Carrots & Cabbage Tin Water Chestnuts & Baby Corn Soya Sauce/Asian Sauce Milk & Water <i>(Soy/Rice Milk)</i>
<b>Pm Snack</b> <b>2:30-3:15pm</b> (Europe Room extra snack on demand 6:30am-6pm - cheese cubes, crackers, baby puffs, baby fruit bars, yogurts, applesauce, variety fruit etc.)	<b><u>Pizza Crackers</u></b> Whole Wheat Crackers <i>(Gluten Free Cracker)</i> Tomato Sauce Shredded Cheese <i>(Dairy Free Cheese)</i> Water	<b><u>Berry Bran Muffins</u></b> Berry Puree (In) Bran Muffin Mix <i>(Gluten Free Muffin Mix)</i> Fruit Slices Water	<b><u>Pretzels &amp; Cheese</u></b> Pretzel Shapes <i>(Gluten Free Pretzel)</i> Cheese Cubes <i>(Dairy Free Cheese)</i> Water	<b><u>Tuna Toppers</u></b> Tin Tuna <i>(Tin Lentils For Vegan)</i> Rice Crackers Mayo <i>(Veganise)</i> Green Onion Cucumber Circles Water	<b><u>Frozen Yogurt Bars</u></b> Graham Crackers <i>(Gluten Free Nilla/Graham Cracker)</i> & Yogurt <i>(Dairy Free Yogurt)</i> Water

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### Week 3

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast/Am Snack Available</b> <b>6:30am-8:30am</b> (Europe Room extra snack on demand 6:30am-6pm - cheese cubes, crackers, baby puffs, baby fruit bars, yogurts, applesauce, variety fruit etc.)	<b><u>Cereal &amp; Fruit Selection</u></b> (Raisin Bran, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Fruit Selection Milk <i>(Soy/Rice)</i>	<b><u>Applesauce Dippers</u></b> Tin Applesauce Sweet Crackers <i>(Gluten Free Crackers)</i> Apples Water	<b><u>Flax Pancakes &amp; Fruit</u></b> Ground Flax Pancake Mix <i>(Gluten Free Pancake Mix)</i> Fruit Slices Syrup Dip (Side) Water	<b><u>Fruit Dippers</u></b> Fruit Slices Yogurt Dip <i>(Dairy Free Yogurt)</i> Water	<b><u>Cereal &amp; Fruit Selection</u></b> (Raisin Bran, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Fruit Selection Milk <i>(Soy/Rice)</i>
<b>Lunch</b> <b>11:15am-12:00pm</b> (Europe Room extra snack on demand 6:30am-6pm - cheese cubes, crackers, baby puffs, baby fruit bars, yogurts, applesauce, variety fruit etc.)	<b><u>Eggy English Muffin Melts</u></b> Scrambled Eggs <i>(Tin Baked Beans)</i> Shredded Cheese <i>(Dairy Free Cheese)</i> White English Muffins <i>(Gluten Free English Muffin)</i> Fruit Slices Milk & Water <i>(Soy/Rice Milk)</i>	<b><u>Baked Chicken Taquitos</u></b> Shredded Chicken Breast <i>(Tofu)</i> Whole Wheat Tortillas <i>(Gluten Free Wraps)</i> BBQ Sauce Shredded Cheese <i>(Dairy Free Cheese)</i> Vegetable Sticks Milk & Water <i>(Soy/Rice Milk)</i>	<b><u>Aloha Meatballs</u></b> Beef Meatballs <i>(Falafel Balls)</i> Brown Rice & Corn Mix Tin Pineapple Chunks (Side) Honey Garlic Sauce (Side) <i>(Ketchup for under 1 year)</i> Milk & Water <i>(Soy/Rice Milk)</i>	<b><u>Stackers</u></b> Whole Wheat Crackers <i>(Rice Crackers)</i> Pork Sausage <i>(Veggie "Ham")</i> Real Cheese Cubes <i>(Dairy Free Cheese)</i> Dill & Sweet Pickles Cucumber Circles Milk & Water <i>(Soy/Rice Milk)</i>	<b><u>Chilled Tuna Pasta Salad</u></b> Tinned Tuna <i>(Tofu For Vegan)</i> Whole Wheat & White Pasta Blend <i>(Rice Pasta)</i> Frozen Vegetables (In) Fruit Slices Variety Condiments Milk & Water <i>(Soy/Rice Milk)</i>
<b>Pm Snack</b> <b>2:30-3:15pm</b> (Europe Room extra snack on demand 6:30am-6pm - cheese cubes, crackers, baby puffs, baby fruit bars, yogurts, applesauce, variety fruit etc.)	<b><u>Sticks &amp; Dip</u></b> Vegetable Sticks Variety Dip <i>(Dairy Free/Egg Free Dip)</i> Cracker/Breadsticks <i>(Gluten Free Crackers)</i> Water	<b><u>Circle Snack</u></b> Tin Pineapple Rings Variety Rice Cakes Water	<b><u>Kid's Caprese Salad</u></b> Mini Tomatoes/Tomato Wedges Mozzarella Cheese Cubes <i>(Dairy Free Cheese)</i> Balsamic Dressing Dip (Side) Bread Rusks/Breadsticks Water	<b><u>Berry Bran Muffins</u></b> Berry Puree (In) Bran Muffin Mix <i>(Gluten Free Muffin Mix)</i> Fruit Slices Water	<b><u>Mini Ice Cream Cups</u></b> Vanilla Ice Cream <i>(Fruit Sorbet)</i> & Frozen Fruit Puree Sweet Crackers <i>(Rice Crackers)</i> Water

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### Week 4

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast/Am Snack Available</b> <b>6:30am-8:30am</b> (Europe Room extra snack on demand 6:30am-6pm - cheese cubes, crackers, baby puffs, baby fruit bars, yogurts, applesauce, variety fruit etc.)	<b><u>Cereal &amp; Fruit Selection</u></b> (Raisin Bran, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Fruit Selection Milk <i>(Soy/Rice)</i>	<b><u>Toast &amp; Toppings</u></b> Whole Wheat Bread <i>(Gluten Free Bread)</i> Variety Toppings (Jam, Lemon, Margarine, Wow Butter, Cream Cheese) Water	<b><u>Fruit Dippers</u></b> Fruit Slices Yogurt Dip <i>(Dairy Free Yogurt)</i> Water	<b><u>Flax Pancakes &amp; Fruit</u></b> Ground Flax Pancake Mix <i>(Gluten Free Pancake Mix)</i> Fruit Slices Syrup Dip (Side) Water	<b><u>Cereal &amp; Fruit Selection</u></b> (Raisin Bran, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Fruit Selection Milk <i>(Soy/Rice)</i>
<b>Lunch</b> <b>11:15am-12:00pm</b> (Europe Room extra snack on demand 6:30am-6pm - cheese cubes, crackers, baby puffs, baby fruit bars, yogurts, applesauce, variety fruit etc.)	<b><u>TVP Taco Salad</u></b> Textured Vegetable Protein (TVP) Taco Seasoning Fresh Tomato Lettuce (Cooked Vegetables for Europe Rooms) Shredded Cheese <i>(Dairy Free Cheese)</i> Baked Whole Wheat Tortilla Pieces (Crunched) <i>(Rice Crackers)</i> (Whole Wheat Crackers for Europe Rooms) Milk & Water <i>(Soy/Rice Milk)</i>	<b><u>French Onion Chicken &amp; Quinoa Rice</u></b> Chicken Breast <i>(Tofu)</i> Minced Onion Dry Onion Soup Mix White Rice & Quinoa Blend Vegetable Sticks Milk & Water <i>(Soy/Rice Milk)</i>	<b><u>Homemade Alphagetti</u></b> White Alphabet Pasta <i>(Rice Pasta)</i> Tomato Sauce Red Lentils Variety Seasonings Beef Broth <i>(Vegetable Stock)</i> Ground Beef <i>(Ground Round)</i> Fruit Slices Milk & Water <i>(Soy/Rice Milk)</i>	<b><u>Southwest Turkey Casserole</u></b> Ground Turkey Frozen <i>(Ground Round)</i> Taco Seasoning Tin Diced Tomato Hash Brown Potatoes Black Beans Corn Niblets Diced Peppers Shredded Cheese <i>(Dairy Free Cheese)</i> Whole Wheat Bread Slices <i>(Gluten Free Bread)</i> Margarine <i>(Vegan Margarine)</i> Milk & Water <i>(Soy/Rice Milk)</i>	<b><u>Banana Dogs</u></b> Whole Wheat Hot Dog Buns <i>(Gluten Free Buns)</i> Wow Butter Fruit Jam Banana Spears Savory Potato Wedges Variety Seasonings Ketchup Dip (Side) Milk & Water <i>(Soy/Rice Milk)</i>
<b>Pm Snack</b> <b>2:30-3:15pm</b> (Europe Room extra snack on demand 6:30am-6pm - cheese cubes, crackers, baby puffs, baby fruit bars, yogurts, applesauce, variety fruit etc.)	<b><u>Tuna Toppers</u></b> Tin Tuna <i>(Tin Lentils For Vegan)</i> Rice Crackers Mayo <i>(Veganise)</i> Green Onion Cucumber Circles Water	<b><u>Pretzels &amp; Cheese</u></b> Pretzel Shapes <i>(Gluten Free Pretzel)</i> Cheese Cubes <i>(Dairy Free Cheese)</i> Water	<b><u>Rice Crackers &amp; Cream Cheese</u></b> Rice Crackers Variety Cream Cheese <i>(Dairy Free Spread)</i> Water	<b><u>Fruit Nachos</u></b> Chunky Fruit Salsa Cinnamon Cream Cheese Drizzle <i>(Dairy Free Spread)</i> Baked Pita/Tortilla Pieces <i>(Gluten Free Cracker)</i> Water	<b><u>Pizza Crackers</u></b> Whole Wheat Crackers <i>(Gluten Free Cracker)</i> Tomato Sauce Shredded Cheese <i>(Dairy Free Cheese)</i> Water