

Meal Pattern Requirements
(weekly)
Grains Range=8-10 G EQ
1/2 of all grains must be whole grain rich
M/MA Range=8-10 oz.
Vegetable=3 3/4 cups
in appropriate subgroups
Fruit=2 1/2 cups Milk=5 cups

**Fenner
Elementary
School Lunch**



**June
2021**



Menu Subject to Change

Lunch Fact
My Plate Recommends:


Choose vegetables rich in color! Brighten your plate with vegetables that are red, orange, or dark green. They not only taste great but are also good for you, too. Reference: USDA. MyPlate.gov. Internet <http://www.myplate.gov/>.


	Monday	Tuesday	Wednesday	Thursday	Friday
2	All Children under 18 are eligible for free food refer to website and /or phone # <u>Summer Food Programs</u> http://portal.nysed.gov/portal/page/pref/CNKC/SFSP_pp/2014%20SFSP%20Sites.htm 1-800-522-5006	1 Assorted Subs Hot Dog on a Bun ----- Baked Beans	2 Chicken Tender Sub PB & Jelly Sandwich ----- Corn	3 Nacho Grande with Meat, Cheese Chicken Patty on a Bun ----- Carrot Coins 3/4	4 Mac & Cheese Pepperoni Pizza ----- Steamed Broccoli
3	Promo 7 Taco in a bag Cheeseburger on a bun ----- Green Beans	8 Spaghetti with meat sauce Hot Dog on a Bun ----- BBQ Beans	9 Sweet and Sour Chicken with rice PB & Jelly Sandwich ----- Fries	10 Assorted Subs Chicken Patty on a Bun ----- Carrots 3/4	11 Chicken Fajita Wrap Pepperoni Pizza ----- Steamed Broccoli
4	14 Italian Dunkers with sauce Cheeseburger on a bun ----- Fries	15 BBQ Chicken Sandwich Hot Dog on a Bun ----- Baked Beans	16 Grilled Cheese PB & Jelly Sandwich ----- Green Beans	17 Soft Shell Tacos Chicken Patty on a Bun ----- Carrots 3/4	18 Mac & Cheese Pepperoni Pizza ----- Broccoli
5	21 	22 <h1>Have a Sweet and Safe Summer</h1>	23 	24 	25
1	28 	29 	30 	31 	32


Offered Daily With all School Lunches:
Fresh or prepared fruits
(Must take 1/2 cup of fruit or veggies)
Non or Low Fat White or Non Fat Chocolate Milk Available Daily


Offered Daily
Pizza, Salad
Peanut butter and Jelly Sandwich


We serve the following items

Monday  sub

Tuesday  hot dog

Wednesday  cheeseburger

Thursday  chicken patty

Friday & Everyday  pizza

- Start with a:
- Vegetable
 - Fruit
 - Choose whole grain
 - Pick a lean protein
 - Add serving of milk
- Take at least 3*

This institution is an equal opportunity Provider and Employer

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Hot Dog on a bun
with Pasta Salad

NYS Corn

NYS Grape Juice

NYS Chips