

Essex County Public Schools Summer Food Service Program

July 2014

Monday



Breakfast:

WG Pop Tart
Fruit or 100% Juice
Milk

Lunch:

Chicken Bacon Wrap
Carrot Sticks
Applesauce or Fresh Fruit
Milk

7

Breakfast:

WG Apple Turnover
Fruit or 100% Juice
Milk

Lunch:

Chicken Salad on Croissant
Lettuce
Cucumbers
Pears or Fresh Fruit
Milk

14

Breakfast:

WG Pop Tart
Fruit or 100% Juice
Milk

Lunch:

Chicken Bacon Wrap
Carrot Sticks
Applesauce or Fresh Fruit
Milk

21

Breakfast:

WG Apple Turnover
Fruit or 100% Juice
Milk

Lunch:

Chicken Salad on Croissant
Lettuce
Cucumbers
Pears or Fresh Fruit
Milk

28

Tuesday

1

Breakfast:

WG Cinnamon Donut
Fruit or 100% Juice
Milk

Lunch:

Turkey & Cheese Slider
Broccoli w/ Ranch Dip
Baked Apples or Fresh Fruit
Milk

8

Breakfast:

WG Chicken Biscuit
Fruit or 100% Juice
Milk

Lunch:

WG Soft Taco
Cheese, Lettuce & Tomato
Bean Salsa w/Corn Chips
Pineapple or Fresh Fruit
Milk

15

Breakfast:

WG Cinnamon Donut
Fruit or 100% Juice
Milk

Lunch:

Turkey & Cheese Slider
Broccoli w/ Ranch Dip
Baked Apples or Fresh Fruit
Milk

22

Breakfast:

WG Chicken Biscuit
Fruit or 100% Juice
Milk

Lunch:

WG Soft Taco
Cheese, Lettuce & Tomato
Bean Salsa w/Corn Chips
Pineapple or Fresh Fruit
Milk

29

Wednesday

2

Breakfast:

WG Cereal & Milk
Fruit or 100% Juice

Lunch:

Beef BBQ on Bun
Baked Beans
Potato Puffs
Mixed Fruit or Fresh Fruit
Milk

9

Breakfast:

WG Cereal & Milk
Fruit or 100% Juice

Lunch:

Roasted Turkey w/ Gravy
Green Beans
Potato Wedges
Mixed Fruit or Fresh Fruit
Milk

16

Breakfast:

WG Cereal & Milk
Fruit or 100% Juice

Lunch:

Beef BBQ on Bun
Baked Beans
Potato Puffs
Mixed Fruit or Fresh Fruit
Milk

23

Breakfast:

WG Cereal & Milk
Fruit or 100% Juice

Lunch:

Roasted Turkey w/ Gravy
Green Beans
Potato Wedges
Mixed Fruit or Fresh Fruit
Milk

30

Thursday

3

Breakfast:

WG Assorted Muffins
Fruit or 100% Juice
Milk

Lunch:

Chicken Patty on Bun
Lettuce & Tomato
Green Beans
Applesauce or Fresh Fruit
Milk

10

Breakfast:

WG Assorted Muffins
Fruit or 100% Juice
Milk

Lunch:

Pepperoni Pizza
Romaine Salad
Applesauce or Fresh Fruit
Milk

17

Breakfast:

WG Assorted Muffins
Fruit or 100% Juice
Milk

Lunch:

Chicken Patty on Bun
Lettuce & Tomato
Green Beans
Applesauce or Fresh Fruit
Milk

24

Breakfast:

WG Assorted Muffins
Fruit or 100% Juice
Milk

Lunch:

Pepperoni Pizza
Romaine Salad
Applesauce or Fresh Fruit
Milk

31

Friday

4

No School
Summer Feeding
Site Closed

Enjoy your weekend!

11

No School
Summer Feeding
Site Closed

Enjoy your weekend!

18

No School
Summer Feeding
Site Closed

Enjoy your weekend!

25

No School
Summer Feeding
Site Closed

Enjoy your weekend!

Did you know?

A 600-mile-long picnic took place in France on July 14, 2000

Menu Facts

All Breads are Whole Grain Rich!

1% White Milk or Fat-Free Flavored Milk is served with each meal

Lunch Includes:

- 2oz of Protein
- One 8oz Milk
- 2oz of Grain
- One ½ C Fruit or One Fresh Fruit
- One or Two ½ C Vegetables

Lunch Prices

Lunch is FREE to ALL children 18 years of age or younger!

Adult Lunch: \$2.50
Adult Breakfast: \$1.50