



# 21-Day Cycle Menus

## LUNCH MENU

### K-8 National School Lunch Program School Year 2023-24

	MON	TUES	WED	THURS	FRI
<b>Week 1</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>CENTER PLATE</b>	All American Cheeseburger	Southwest Fajita Chicken Bowl w/ Brown Rice	Grilled Cheese	Southern Chicken Bowl	Fresh Baked Cheese & Turkey Pepperoni Pizza
<b>DELI DELIGHTS</b>	Turkey & Cheese Sub	Buffalo Chicken Bites Salad w/ Croutons	Turkey & Cheese Sub	Buffalo Chicken Bites Salad w/ Croutons	Turkey & Cheese Sub
<b>HOT VEGGIE</b>	Oven Crisped Fries	Southwest Black Beans	Tomato Soup	Creamy Mashed Potatoes	Herb Roasted Broccoli
<b>COLD VEGGIE</b>	Garden Patch	Garden Patch	Garden Patch	Garden Patch	Garden Patch
<b>Week 2</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>CENTER PLATE</b>	Jumbo Corn Dog	Soft Beef Tacos	Roasted BBQ Chicken w/ Mac & Cheese	Mandarin Orange Chicken w/ Brown Rice	Fresh Baked Cheese & Turkey Pepperoni Pizza
<b>DELI DELIGHTS</b>	Turkey Mozzarella Wrap	Cheesy Nacho Craftable	Turkey Mozzarella Wrap	Cheesy Nacho Craftable	Turkey Mozzarella Wrap
<b>HOT VEGGIE</b>	BBQ Baked Beans	Seasoned Corn	Coleslaw	Garlic Steamed Broccoli	Herb Roasted Carrots
<b>COLD VEGGIE</b>	Garden Patch	Garden Patch	Garden Patch	Garden Patch	Garden Patch
<b>Week 3</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>CENTER PLATE</b>	Red Beans & Rice w/ Turkey Sausage	Cheesy Chicken Quesadilla	Meatloaf w/a Dinner Roll	Chicken Bites w/Buttery Maple Snack'n Waffle	Fresh Baked Cheese & Turkey Pepperoni Pizza
<b>DELI DELIGHTS</b>	SunButter & Jelly Sandwich w/a String Cheese Stick	Turkey & Cheese Craftable	SunButter & Jelly Sandwich w/a String Cheese Stick	Turkey & Cheese Craftable	SunButter & Jelly Sandwich w/a String Cheese Stick
<b>HOT VEGGIE</b>	Southern Green Beans	Sofrito Black Beans	Creamy Mashed Potatoes	Southern Collard Greens	Cheesy Broccoli
<b>COLD VEGGIE</b>	Garden Patch	Garden Patch	Garden Patch	Garden Patch	Garden Patch
<b>Week 4</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>CENTER PLATE</b>	Smothered Chicken over Rice	Beef Nachos	Creamy Chicken Alfredo	Crispy Chicken Sandwich	Fresh Baked Cheese & Turkey Pepperoni Pizza
<b>DELI DELIGHTS</b>	Italian Sub	Garden Salad w/ Egg, Croutons & Breadstick	Italian Sub	Garden Salad w/ Egg, Croutons & Breadstick	Italian Sub
<b>HOT VEGGIE</b>	Sweet Peas	Southwest Pinto Beans	Garlic Steamed Broccoli	Honey Glazed Carrots	Cheesy Roasted Cauliflower
<b>COLD VEGGIE</b>	Garden Patch	Garden Patch	Garden Patch	Garden Patch	Garden Patch
<b>Week 5</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>CENTER PLATE</b>	Chili Cheese Dog	Chicken & Turkey Sausage Gumbo w/Brown Rice	Chicken Nuggets w/a Biscuit	Italian Meatball Bowl w/ a Garlic Breadstick	Fresh Baked Cheese & Turkey Pepperoni Pizza
<b>DELI DELIGHTS</b>	Chicken Ranch Wrap	Pizza Craftable	Chicken Ranch Wrap	Pizza Craftable	Chicken Ranch Wrap
<b>HOT VEGGIE</b>	Sweet Potato Fries	Steamed Peas & Carrots	Baked Beans	Creamy Mashed Potatoes	Broccoli Parmesan
<b>COLD VEGGIE</b>	Garden Patch	Garden Patch	Garden Patch	Garden Patch	Garden Patch

- ▶ For portion sizes by menu, daily, please see the meal pattern analysis reporting included with this document.
- ▶ Students may select up to 2 fruits and 2 vegetables with any entrée with the exception of entrée salads with which they may select up to 2 fruits and 1 vegetable.

- ▶ At least 2 fruit options will be offered daily from which students may select any combination, except for 2 juices.
- ▶ At least 2 varieties of low-fat and/or fat-free milk will be offered daily, at least 1 of which will be unflavored, from which students may select up to 1 carton.



**DISCLAIMER** SLA Management is sensitive to the needs of students with disabilities and will make every reasonable effort to accommodate students with disabilities so they can enjoy school lunch. If your child has a medical condition that may be affected by eating school lunch, please contact your school's office for a Diet Modification form. In spite of our every effort, we cannot be absolutely certain that contaminants have not been introduced to products prior to their receipt, or preparation facilities used by a third party while not under the supervision of SLA Management. Menus subject to change based on availability. This institution is an equal opportunity provider and employer.



# 21-Day Cycle Menus

## CAFÉ BREAKFAST MENU

### K-12 School Breakfast Program School Year 2023-24

	MON	TUES	WED	THURS	FRI
<b>Week 1</b>	1	2	3	4	5
<b>CENTER PLATE</b>	Cinnamon Toast Crunch Pastry	Egg & Cheese Biscuit	Cinnamon Monkey Bread	Breakfast Pizza Bagel	Buttery Maple Snack'n Waffle
<b>COLD BAR</b>	Assorted Cereals & Crackers				
<b>Week 2</b>	6	7	8	9	10
<b>CENTER PLATE</b>	Mini Cinnamon Rolls	Turkey Sausage Biscuit	Pancakes w/ Syrup	Egg & Cheese English Muffin Sandwich	Mini Chocolate Chip French Toast Bites
<b>COLD BAR</b>	Assorted Cereals & Crackers				
<b>Week 3</b>	11	12	13	14	15
<b>CENTER PLATE</b>	Mini Strawberry Creamy Cheese-Filled Bagels	Chicken Biscuit	Jumbo Cinnamon Roll	Maple Pancake Wrapped Turkey Sausage	Chocolate Chip Muffin
<b>COLD BAR</b>	Assorted Cereals & Crackers				
<b>Week 4</b>	16	17	18	19	20
<b>CENTER PLATE</b>	Cinnamon Toast Crunch Pastry	Egg & Cheese Biscuit	Cinnamon Monkey Bread	Breakfast Pizza Bagel	Buttery Maple Snack'n Waffle
<b>COLD BAR</b>	Assorted Cereals & Crackers				
<b>Week 5</b>	21	22	23	24	25
<b>CENTER PLATE</b>	Mini Cinnamon Rolls	Turkey Sausage Biscuit	Pancakes w/ Syrup	Egg & Cheese English Muffin Sandwich	Mini Chocolate Chip French Toast Bites
<b>COLD BAR</b>	Assorted Cereals & Crackers				

- ▶ For portion sizes by menu, daily, please see the meal pattern analysis reporting included with this document.
- ▶ At least 2 fruit options will be offered daily, 1 of which may be juice, from which students may select up to 2 in any combination except for 2 juices.
- ▶ At least 2 varieties of low-fat and/or fat-free milk will be offered daily, at least 1 of which will be unflavored, from which students may select up to 1 carton.



# Summer Cycle Menus

## SFSP LUNCH MENU

### Summer Food Service Program School Year 2023-24

	MON	TUES	WED	THURS	FRI
<b>Week 1</b>	1	2	3	4	5
<b>CENTER PLATE</b>	All American Cheeseburger	Turkey & Cheese Sub	Cheesy Chicken Quesadilla	SunButter & Jelly Cool Pack	Fresh Baked Cheese & Turkey Pepperoni Pizza
<b>VEGGIE</b>	Oven Crisped Fries	Fresh Carrots	Pinto Beans	Fresh Celery Sticks	Garlic Steamed Broccoli
<b>Week 2</b>	6	7	8	9	10
<b>CENTER PLATE</b>	Chicken Bites w/Buttery Maple Snack'n Waffle	Chicken Ranch Wrap	Soft Beef Tacos	Turkey & Cheese Sub	Fresh Baked Cheese & Turkey Pepperoni Pizza
<b>VEGGIE</b>	Seasoned Corn	Fresh Carrots	Pinto Beans	Fresh Celery Sticks	Herb Roasted Broccoli
<b>Week 3</b>	11	12	13	14	15
<b>CENTER PLATE</b>	Jumbo Corn Dog	SunButter & Jelly Cool Pack	Crispy Buffalo Chicken Sandwich	Chicken Ranch Wrap	Fresh Baked Cheese & Turkey Pepperoni Pizza
<b>VEGGIE</b>	BBQ Baked Beans	Fresh Carrots	Seasoned Corn	Fresh Celery Sticks	Cheesy Broccoli

- ▶ For portion sizes by menu, daily, please see the meal pattern analysis reporting included with this document.
- ▶ Each SFSP lunch includes 1/2 cup fruit of the day and 8 oz. low-fat or fat-free milk.



# Summer Cycle Menus

## SFSP BREAKFAST MENU

### Summer Food Service Program School Year 2023-24

	MON	TUES	WED	THURS	FRI
<b>Week 1</b>	1	2	3	4	5
<b>CENTER PLATE</b>	Assorted Cereal	Mini Cinnamon Rolls	Pop-Tart	Blueberry Muffin	Assorted Graham Crackers w/ Assorted Yogurt
<b>Week 2</b>	6	7	8	9	10
<b>CENTER PLATE</b>	Assorted Cereal	Buttery Maple Snack'n Waffle	Nutri-Grain Bar	Double Chocolate Muffin	Mini Strawberry Creamy Cheese-Filled Bagels

- ▶ For portion sizes by menu, daily, please see the meal pattern analysis reporting included with this document.
- ▶ Each SFSP breakfast includes 1/2 cup fruit of the day and 8 oz. low-fat or fat-free milk.



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