

2021 SUMMER CAFE MEALS CARBS

MONDAY 6/21/21		TUESDAY 6/22/21		WEDNESDAY 6/23/21		THURSDAY 6/24/21		FRIDAY 6/25/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY					
CARB		CARB		CARB		CARB		CARB		CARB			
BREAKFAST													
Cinnamon Roll^{^WG}	38	Mini Pancakes^{^WGIW}	35	Egg + Cheese Wrap^{^WGIW}	14	Maple Beef Sausage Pancake Sandwich^{~WGIW}	16	Cereal Bar^{^WG} + Cheese Stick	23/1	Cereal^{^WG} + Peanut Butter Cup^p	23/7	Turkey Ham* + Cheese on Hawaiian Bun^{WGIW}	27
Raisins	34	Craisins	27	Apple Juice	16	Orange Juice	13	Apple Juice	16	Orange Juice	13	Orange Juice	13
Apple Juice	16	Orange Juice	13	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20
Milk	13-20	Milk	13-20										
LUNCH													
Pizza^{^WGIW}	27	Chicken Nuggets^{^WG}	16	Cheeseburger Sliders^{~WGIW}	30	Turkey Hot Dog* on Bun^{WG}	29	Chicken Patty* + on Bun^{WG}	37	Cheese Cavatappi^{WG^}	36	Chicken Drumstick^{^WG}	5
Veggie Juice	10	Scoops ^{WG}	19	Baked Fries	17	Broccoli	3	Baby Carrots	8	Marinara Cup	7	Corn	14
Peaches	13	Salsa Cup	5	Fresh Fruit	7-26	Fruit Punch	14	Fresh Fruit	7-26	Raisins or Craisins	27-34	Cheese Crackers	14
Milk	13-20	Applesauce Cup	15	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20	Fruit Sorbet	21
		Milk	13-20									Milk	13-20
6/28/21													
6/29/21													
6/30/21													
7/01/21													
7/02/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY													
BREAKFAST													
Cinnamon Roll^{^WG}	38	Mini Pancakes^{^WGIW}	35	Egg + Cheese Wrap^{^WGIW}	14	Maple Beef Sausage Pancake Sandwich^{~WGIW}	16	Cereal Bar^{^WG} + Cheese Stick	23/1	Cereal^{^WG} + Peanut Butter Cup^p	23/7	Turkey Ham* + Cheese on Hawaiian Bun^{WGIW}	27
Raisins	34	Craisins	27	Apple Juice	16	Orange Juice	13	Apple Juice	16	Orange Juice	13	Orange Juice	13
Apple Juice	16	Orange Juice	13	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20
Milk	13-20	Milk	13-20										
LUNCH													
Pizza^{^WGIW}	27	Chik'n Nuggets^{^WG}	25	BBQ Beef Rib Sandwich^{~WGIW}	33	Chicken Drumstick^{^WG}	5	Cheese Crunchers^{^WG}	41	Turkey* + Turkey Ham* + Cheese Sandwich^{WGIW}	27	Chicken Patty* + on Bun^{WG}	37
Roasted Chickpeas	24	Scoops ^{WG}	19	Baked Fries	17	Cheese Crackers	14	Marinara Cup	7			Baby Carrots	8
Mixed Fruit	18	Salsa Cup	5	Fruit Punch	14	Celery w/ Peanut Butter Cups ^p	3/7	Fresh Fruit	7-26	Veggie Juice	10	Fruit Sorbet	21
Milk	13-20	Fresh Fruit	7-26	Milk	13-20			Milk	13-20	Fresh Fruit	7-26	Milk	13-20
		Milk	13-20			Raisins or Craisins	27-34			Milk	13-20		
						Milk	13-20						

ALTERNATES: (1) Blueberry WG Chex · (2) Hummus Cups^r OR (2) Cheese Sticks[^] OR (2) Peanut Butter Cups^{pv} OR (1) PBJ (Uncrustable)^{pv} OR Turkey* (No Cheese) Sandwich^{WGIW} · 1 Grain Choice, ½ c Veg Choice, ½ c Fruit, ½ c Fruit Juice, (1) Veggie Juice, Milk

2021 SUMMER CAFE MEALS CARBS

MONDAY 7/05/21		TUESDAY 7/06/21		WEDNESDAY 7/07/21		THURSDAY 7/08/21		FRIDAY 7/09/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY						
		CARB		CARB		BREAKFAST				CARB		CARB		
HOLIDAY		Mini Pancakes^{^WGIW} 35	Egg + Cheese Wrap^{^WGIW} 14	Maple Beef Sausage Pancake Sandwich^{~WGIW} 16	Cereal Bar^{^WG} + Cheese Stick 23/1	Cereal^{^WG} + Peanut Butter Cup^p 23/7	Turkey Ham* + Cheese on Hawaiian Bun^{WGIW} 27							
		Craisins 27	Apple Juice 16	Orange Juice 13	Milk 13-20	Orange Juice 13	Apple Juice 16	Orange Juice 13	Milk 13-20	Milk 13-20	Orange Juice 13	Milk 13-20	Orange Juice 13	Milk 13-20
LUNCH														
HOLIDAY		Chicken Nuggets^{+WG} 16	Cheeseburger Sliders^{~WGIW} 30	Turkey Hot Dog* on Bun^{WG} 29	Chicken Patty* + on Bun^{WG} 37	Cheese Cavatappi^{WG^} 36	Chicken Drumstick^{+WG} 5							
		Scoops ^{WG} 19	Baked Fries 17	Broccoli 3	Baby Carrots 8	Marinara Cup 7	Corn 14							
		Salsa Cup 5	Fresh Fruit 7-26	Fruit Punch 14	Fresh Fruit 7-26	Raisins or Craisins 27-34	Cheese Crackers 14							
		Applesauce Cup 15	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Fruit Sorbet 21							
		Milk 13-20					Milk 13-20							
7/12/21		7/13/21		7/14/21		7/15/21		7/16/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY						
BREAKFAST														
Cinnamon Roll^{^WG} 38	Mini Pancakes^{^WGIW} 35	Egg + Cheese Wrap^{^WGIW} 14	Maple Beef Sausage Pancake Sandwich^{~WGIW} 16	Cereal Bar^{^WG} + Cheese Stick 23/1	Cereal^{^WG} + Peanut Butter Cup^p 23/7	Turkey Ham* + Cheese on Hawaiian Bun^{WGIW} 27								
Raisins 34	Craisins 27	Apple Juice 16	Milk 13-20	Orange Juice 13	Apple Juice 16	Orange Juice 13	Milk 13-20	Milk 13-20	Orange Juice 13	Milk 13-20	Orange Juice 13	Milk 13-20	Orange Juice 13	Milk 13-20
Apple Juice 16	Orange Juice 13	Milk 13-20												
Milk 13-20	Milk 13-20													
LUNCH														
Pizza^{^WGIW} 27	Chik'n Nuggets^{+WG} 25	BBQ Beef Rib Sandwich^{~WGIW} 33	Chicken Drumstick^{+WG} 5	Cheese Crunchers^{^WG} 41	Turkey* + Turkey Ham* + Cheese Sandwich^{WGIW} 27		Chicken Patty* + on Bun^{WG} 37							
Roasted Chickpeas 24	Scoops ^{WG} 19	Baked Fries 17	Cheese Crackers 14	Marinara Cup 7	Baby Carrots 8		Fruit Sorbet 21							
Mixed Fruit 18	Salsa Cup 5	Fruit Punch 14	Celery w/ Peanut Butter Cups ^p 3/7	Fresh Fruit 7-26	Veggie Juice 10		Milk 13-20							
Milk 13-20	Fresh Fruit 7-26	Milk 13-20	Raisins or Craisins 27-34	Milk 13-20	Fresh Fruit 7-26		Milk 13-20							
	Milk 13-20		Milk 13-20		Milk 13-20									

ALTERNATES: (1) Blueberry WG Chex · (2) Hummus Cups[^] OR (2) Cheese Sticks[^] OR (2) Peanut Butter Cups^{pv} OR (1) PBJ (Uncrustable)^{pv} OR Turkey* (No Cheese) Sandwich^{WGIW} · 1 Grain Choice, ½ c Veg Choice, ½ c Fruit, ½ c Fruit Juice, (1) Veggie Juice, Milk

2021 SUMMER CAFE MEALS CARBS

MONDAY 7/19/21		TUESDAY 7/20/21		WEDNESDAY 7/21/21		THURSDAY 7/22/21		FRIDAY 7/23/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY					
CARB		CARB		CARB		BREAKFAST				CARB		CARB	
Cinnamon Roll^{^WG}	38	Mini Pancakes^{^WGIW}	35	Egg + Cheese Wrap^{^WGIW}	14	Maple Beef Sausage Pancake Sandwich^{~WGIW}	16	Cereal Bar^{^WG} + Cheese Stick	23/1	Cereal^{^WG} + Peanut Butter Cup^p	23/7	Turkey Ham⁺ + Cheese on Hawaiian Bun^{WGIW}	27
Raisins	34	Craisins	27	Apple Juice	16	Orange Juice	13	Apple Juice	16	Orange Juice	13	Orange Juice	13
Apple Juice	16	Orange Juice	13	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20
Milk	13-20	Milk	13-20										
LUNCH													
Pizza^{^WGIW}	27	Chicken Nuggets^{^WG}	16	Cheeseburger Sliders^{~WGIW}	30	Turkey Hot Dog⁺ on Bun^{WG}	29	Chicken Patty⁺ + on Bun^{WG}	37	Cheese Cavatappi^{WG^}	36	Chicken Drumstick^{^WG}	5
Veggie Juice	10	Scoops ^{WG}	19	Baked Fries	17	Broccoli	3	Baby Carrots	8	Marinara Cup	7	Corn	14
Peaches	13	Salsa Cup	5	Fresh Fruit	7-26	Fruit Punch	14	Fresh Fruit	7-26	Raisins or Craisins	27-34	Cheese Crackers	14
Milk	13-20	Applesauce Cup	15	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20	Fruit Sorbet	21
		Milk	13-20									Milk	13-20
7/26/21		7/27/21		7/28/21		7/29/21		7/30/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY					
BREAKFAST													
Cinnamon Roll^{^WG}	38	Mini Pancakes^{^WGIW}	35	Egg + Cheese Wrap^{^WGIW}	14	Maple Beef Sausage Pancake Sandwich^{~WGIW}	16	Cereal Bar^{^WG} + Cheese Stick	23/1	Cereal^{^WG} + Peanut Butter Cup^p	23/7	Turkey Ham⁺ + Cheese on Hawaiian Bun^{WGIW}	27
Raisins	34	Craisins	27	Apple Juice	16	Orange Juice	13	Apple Juice	16	Orange Juice	13	Orange Juice	13
Apple Juice	16	Orange Juice	13	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20
Milk	13-20	Milk	13-20										
LUNCH													
Pizza^{^WGIW}	27	Chik'n Nuggets^{^WG}	25	BBQ Beef Rib Sandwich^{~WGIW}	33	Chicken Drumstick^{^WG}	5	Cheese Crunchers^{^WG}	41	Turkey⁺ + Turkey Ham⁺ + Cheese Sandwich^{WGIW}	27	Chicken Patty⁺ + on Bun^{WG}	37
Roasted Chickpeas	24	Scoops ^{WG}	19	Baked Fries	17	Cheese Crackers	14	Marinara Cup	7	Baby Carrots	8	Fruit Sorbet	21
Mixed Fruit	18	Salsa Cup	5	Fruit Punch	14	Celery w/ Peanut Butter Cups ^p	3/7	Fresh Fruit	7-26	Veggie Juice	10	Milk	13-20
Milk	13-20	Fresh Fruit	7-26	Milk	13-20	Raisins or Craisins	27-34	Milk	13-20	Fresh Fruit	7-26	Milk	13-20
		Milk	13-20			Milk	13-20			Milk	13-20		

2021 SUMMER CAFE MEALS CARBS

MONDAY 8/02/21		TUESDAY 8/03/21		WEDNESDAY 8/04/21		THURSDAY 8/05/21		FRIDAY 8/06/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY					
CARB		CARB		CARB		BREAKFAST		CARB					
Cinnamon Roll^{^WG}	38	Mini Pancakes^{^WGIW}	35	Egg + Cheese Wrap^{^WGIW}	14	Maple Beef Sausage Pancake Sandwich^{~WGIW}	16	Cereal Bar^{^WG} + Cheese Stick	23/1	Cereal^{^WG} + Peanut Butter Cup^p	23/7	Turkey Ham* + Cheese on Hawaiian Bun^{WGIW}	27
Raisins	34	Craisins	27	Apple Juice	16	Orange Juice	13	Apple Juice	16	Orange Juice	13	Orange Juice	13
Apple Juice	16	Orange Juice	13	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20
Milk	13-20	Milk	13-20										
LUNCH													
Pizza^{^WGIW}	27	Chicken Nuggets^{^WG}	16	Cheeseburger Sliders^{~WGIW}	30	Turkey Hot Dog* on Bun^{WG}	29	Chicken Patty* + on Bun^{WG}	37	Cheese Cavatappi^{WG^}	36	Chicken Drumstick^{^WG}	5
Veggie Juice	10	Scoops ^{WG}	19	Baked Fries	17	Broccoli	3	Baby Carrots	8	Marinara Cup	7	Corn	14
Peaches	13	Salsa Cup	5	Fresh Fruit	7-26	Fruit Punch	14	Fresh Fruit	7-26	Raisins or Craisins	27-34	Cheese Crackers	14
Milk	13-20	Applesauce Cup	15	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20	Fruit Sorbet	21
		Milk	13-20									Milk	13-20
8/09/21		8/10/21		8/11/21		8/12/21		8/13/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY					
BREAKFAST													
Cinnamon Roll^{^WG}	38	Mini Pancakes^{^WGIW}	35	Egg + Cheese Wrap^{^WGIW}	14	Maple Beef Sausage Pancake Sandwich^{~WGIW}	16	Cereal Bar^{^WG} + Cheese Stick	23/1	Cereal^{^WG} + Peanut Butter Cup^p	23/7	Turkey Ham* + Cheese on Hawaiian Bun^{WGIW}	27
Raisins	34	Craisins	27	Apple Juice	16	Orange Juice	13	Apple Juice	16	Orange Juice	13	Orange Juice	13
Apple Juice	16	Orange Juice	13	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20
Milk	13-20	Milk	13-20										
LUNCH													
Pizza^{^WGIW}	27	Chik'n Nuggets^{^WG}	25	BBQ Beef Rib Sandwich^{~WGIW}	33	Chicken Drumstick^{^WG}	5	Cheese Crunchers^{^WG}	41	Turkey* + Turkey Ham* + Cheese Sandwich^{WGIW}	27	Chicken Patty* + on Bun^{WG}	37
Roasted Chickpeas	24	Scoops ^{WG}	19	Baked Fries	17	Cheese Crackers	14	Marinara Cup	7			Baby Carrots	8
Mixed Fruit	18	Salsa Cup	5	Fruit Punch	14	Celery w/ Peanut Butter Cups ^p	3/7	Fresh Fruit	7-26	Veggie Juice	10	Fruit Sorbet	21
Milk	13-20	Fresh Fruit	7-26	Milk	13-20			Milk	13-20	Fresh Fruit	7-26	Milk	13-20
		Milk	13-20			Raisins or Craisins	27-34			Milk	13-20		
						Milk	13-20						

ALTERNATES: (1) Blueberry WG Chex · (2) Hummus Cups^r OR (2) Cheese Sticks[^] OR (2) Peanut Butter Cups^{pv} OR (1) PBJ (Uncrustable)^{pv} OR Turkey* (No Cheese) Sandwich^{WGIW} · 1 Grain Choice, ½ c Veg Choice, ½ c Fruit, ½ c Fruit Juice, (1) Veggie Juice, Milk

2021 SUMMER CAFE MEALS CARBS

MONDAY 8/16/21		TUESDAY 8/17/21		WEDNESDAY 8/18/21		THURSDAY 8/19/21		FRIDAY 8/20/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY					
CARB		CARB		CARB		BREAKFAST				CARB		CARB	
Cinnamon Roll^{^WG}	38	Mini Pancakes^{^WGIW}	35	Egg + Cheese Wrap^{^WGIW}	14	Maple Beef Sausage Pancake Sandwich^{~WGIW}	16	Cereal Bar^{^WG} + Cheese Stick	23/1	Cereal^{^WG} + Peanut Butter Cup^p	23/7	Turkey Ham* + Cheese on Hawaiian Bun^{WGIW}	27
Raisins	34	Craisins	27	Apple Juice	16	Orange Juice	13	Apple Juice	16	Orange Juice	13	Orange Juice	13
Apple Juice	16	Orange Juice	13	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20
Milk	13-20	Milk	13-20										
LUNCH													
Pizza^{^WGIW}	27	Chicken Nuggets^{^WG}	16	Cheeseburger Sliders^{~WGIW}	30	Turkey Hot Dog* on Bun^{WG}	29	Chicken Patty* + on Bun^{WG}	37	Cheese Cavatappi^{WG^}	36	Chicken Drumstick^{^WG}	xx
Veggie Juice	10	Scoops ^{WG}	19	Baked Fries	17	Broccoli	3	Baby Carrots	8	Marinara Cup	7	Corn	14
Peaches	13	Salsa Cup	5	Fresh Fruit	7-26	Fruit Punch	14	Fresh Fruit	7-26	Raisins or Craisins	27-34	Cheese Crackers	14
Milk	13-20	Applesauce Cup	15	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20	Fruit Sorbet	21
		Milk	13-20									Milk	13-20
8/23/21		8/24/21		8/25/21		8/26/21		8/27/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY					
BREAKFAST													
Cinnamon Roll^{^WG}	38	Mini Pancakes^{^WGIW}	35	Egg + Cheese Wrap^{^WGIW}	14	Maple Beef Sausage Pancake Sandwich^{~WGIW}	16	Cereal Bar^{^WG} + Cheese Stick	23/1	Cereal^{^WG} + Peanut Butter Cup^p	23/7	Turkey Ham* + Cheese on Hawaiian Bun^{WGIW}	27
Raisins	34	Craisins	27	Apple Juice	16	Orange Juice	13	Apple Juice	16	Orange Juice	13	Orange Juice	13
Apple Juice	16	Orange Juice	13	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20
Milk	13-20	Milk	13-20										
LUNCH													
Pizza^{^WGIW}	27	Chik'n Nuggets^{^WG}	25	BBQ Beef Rib Sandwich^{~WGIW}	33	Chicken Drumstick^{^WG}	5	Cheese Crunchers^{^WG}	41	Turkey* + Turkey Ham* + Cheese Sandwich^{WGIW}	27	Chicken Patty* + on Bun^{WG}	37
Roasted Chickpeas	24	Scoops ^{WG}	19	Baked Fries	17	Cheese Crackers	14	Marinara Cup	7			Baby Carrots	8
Mixed Fruit	18	Salsa Cup	5	Fruit Punch	14	Celery w/ Peanut Butter Cups ^p	3/7	Fresh Fruit	7-26	Veggie Juice	10	Fruit Sorbet	21
Milk	13-20	Fresh Fruit	7-26	Milk	13-20			Milk	13-20	Fresh Fruit	7-26	Milk	13-20
		Milk	13-20			Raisins or Craisins	27-34			Milk	13-20		
						Milk	13-20						

ALTERNATES: (1) Blueberry WG Chex · (2) Hummus Cups^r OR (2) Cheese Sticks[^] OR (2) Peanut Butter Cups^{pv} OR (1) PBJ (Uncrustable)^{pv} OR Turkey* (No Cheese) Sandwich^{WGIW} · 1 Grain Choice, ½ c Veg Choice, ½ c Fruit, ½ c Fruit Juice, (1) Veggie Juice, Milk