

POWER UP

2017

Summer Food Service Program



10-Day Cycle **Menu**

LUNCH

Day 1	Day 2	Day 3	Day 4	Day 5
Turkey & Cheese on Pretzel Bun (Turkey, Swiss Cheese) Baby Carrots Strawberry Kiwi Juice Milk Mayo/Mustard Packet	Grilled Chicken on a Bun Seasonal Fresh Fruit/Vegetable Grape Juice Milk Mayo/Mustard Packet	Flavored Yogurt Graham Crackers Pear Cup Orange Pineapple Juice	Peanut Butter & Jelly on White Bread Cheese Stick Baby Carrots Apple Juice Milk	Turkey Ham & Cheese on Hamburger Bun (Turkey Ham, American Cheese) Craisins Blended Juice Milk Mayo Packet
Day 6	Day 7	Day 8	Day 9	Day 10
Turkey & Cheese on Seeded Bun (Turkey, American Cheese) Pineapple Cup Grape Juice Milk Mayo/Mustard Packet	Turkey Ham & Cheese on White Wheat Bread (Turkey Ham, American Cheese) Craisins Orange Pineapple Juice Milk	Tuna on White Bread (Tuna Fish) Baby Carrots Apple Juice Milk Mayo/Mustard Packet	Grilled Chicken on Hamburger Bun Craisins Blended Juice Milk Mayo/Mustard Packet	Turkey & Provolone on Split Top Bun (Turkey) Seasonal Fresh Fruit/Vegetable Orange Pineapple Juice Milk Mayo/Mustard Packet

SNACK (AM/PM)

Day 1	Day 2	Day 3	Day 4	Day 5
Blended Juice Blueberry Snack Loaf	Orange Pineapple Juice Animal Crackers	Apple Juice Banana Snack Loaf	Grape Juice Strawberry Waffle Graham	Strawberry Kiwi Juice Cheese on Cheese Crackers
Day 6	Day 7	Day 8	Day 9	Day 10
100% Apple Juice Pizza Bites	Green Apple Juice Maple Waffle Grahams	Blended Juice Raisin Bran Muffin	Orange Pineapple Juice Animal Crackers	Grape Juice Apple Snack Loaf

All Juices are 100% Fruit Juice, No Sugar Added. All meals come with Napkin, Straw and Spork Packet.

Emergency Meal: 2 oz. Peanut Butter, 1 pkt., Animal Crackers, Jelly, 4 oz. Orange Juice, 1/2 c Applesauce, 1 c Milk

MENUS PREPARED BY: GA FOOD SERVICE, INC. APPROVED: 5/17/2017, 6/6/2017

"USDA is an equal opportunity provider and employer."

