**Wyoming Department of Education**

**USDA Summer Food Service Program**

**LUNCH**

The following five weeks of menus include ideas for cold lunches. Portion sizes (indicated in parentheses after each menu item) are for ages 6-18 and can be adjusted for ages 1-5 (with approval from the state office of Child Nutrition Programs). Keep in mind that the minimum serving sizes specified in the meal pattern may not be sufficient for older children, and additional items or increased serving sizes may be appropriate.

The abbreviation to the left of each menu item indicates the meal pattern component supplied. The following abbreviations are used:

GB = Grains/Breads;

MA = Meat/Meat Alternate;

FV = Fruit/Vegetable; M = Milk;

O = Other Food (non credible);

A = Additional Items (creditable foods served in addition to the minimum required components).

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|  | **MONDAY** |  | **TUESDAY** |  | **WEDNESDAY** |  | **THURSDAY** |  | **FRIDAY** |
| **MA**  **FV**  **GB**  **O**  **FV**  **M** | Turkey Ham (1½ oz) & Meunster Cheese (½ oz) with Lettuce/Tomato (¼ cup)  White Bread1 (2 slices)  Mustard or Lowfat Mayonnaise (½ oz)  Orange (1 medium)  Lowfat Choc. Milk (1 cup) | **MA**  **GB**  **FV**  **FV**  **O**  **M** | Chicken Salad (2.5 oz)  Roll1 (2 oz)  Red Delicious Apple (1 medium)  Cucumber & Carrot Slices (½ cup) with  Lowfat Ranch Dip (2 Tbsp)  Lowfat Choc. Milk (1 cup) | **MA**  **O**  **GB**  **FV**  **FV**  **M** | Peanut Butter (4 Tbsp) & Jelly (1 Tbsp)  Graham Crackers1,2 (4 lge)  Banana (1 medium)  Apple Juice (½ cup)  Lowfat Milk (1 cup) | **MA**  **GB**  **O**  **FV**  **FV**  **M** | Pastrami (1½ oz) and Swiss (½ oz) on Rye1 (2 slices)  Potato Chips (1 oz)  Coleslaw (½ cup)  Fruit salad (½ cup)  Lowfat Choc. Milk (1 cup) | **MA**  **GB**  **FV**  **O**  **FV**  **M** | *Munchables:* Tuna Salad (2.5 oz) with Crackers1,2  Raw Veggies (½ cup broccoli, carrot, zucchini) and Dip (¼ cup)  Orange Juice (½ cup)  Lowfat (1%) White Milk |
| **MA**  **GB**  **O**  **FV**  **FV**  **M** | Turkey (2 oz) on  Wheat Bread1 (2 slices) with Mustard or Lowfat Mayonnaise (½ oz)  Potato salad (½ cup)  Cantaloupe Wedges (½ cup)  Lowfat Choc. Milk (1 cup) | **GB**  **MA**  **FV**  **FV**  **FV**  **FV**  **M** | *Taco Salad:* Tortilla Shell (2 oz) with Beef (1 oz) & Cheese (1 oz)  Salsa (¼ cup)  Lettuce, shredded (1 cup  Tomato, diced (¼ cup)  Pineapple Chunks (½ cup)  Lowfat Milk (1 cup) | **MA**  **GB**  **FV**  **O**  **FV**  **M** | *Munchables:* Ham (1 oz) & Lowfat Swiss Cheese (1 oz)  Ritz Crackers1,2 (7)  Celery Sticks (½ cup)  Lowfat Ranch Dip (2 Tbsp)  Plums (2 medium)  Lowfat Milk (1 cup) | **MA**  **GB**  **O**  **FV**  **O**  **FV**  **M** | Chicken Roll (2 oz) on  Wheat Bread1 (2 slices) with Mustard or Lowfat Mayonnaise (½ oz)  Salad (½ cup)  Lowfat Italian Dressing (2 Tbsp)  Orange Segments (½ cup)  Lowfat Choc. Milk (1 cup) | **MA**  **GB**  **FV**  **O**  **FV**  **M**  **GB** | Tuna Salad (2.5 oz) on  Pita Bread1 (2 oz)  Carrot Sticks (½ cup)  Lowfat Ranch Dip (2 Tbsp)  Pear (1 medium)  Lowfat Choc. Milk (1 cup)  Oatmeal Raisin Cookie |

**Sample Cold Lunch Menus for the Summer Food Service Program (SFSP), Continued**

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| **MA**  **GB**  **FV**  **O**  **FV**  **M** | Cheese Pizza (2 oz. cheese, 2 oz. crust1), served cold or hot  Garden Salad (½ cup)  Lowfat Italian Dressing (2 Tbsp)  Orange Segments (½ cup)  Lowfat Choc. Milk (1 cup) | **MA**  **GB**  **FV**  **O**  **FV**  **M** | *Munchables:* American Cheese (1 oz) and Turkey (1 oz) with Triscuits1,2 (5)  Carrot Sticks (½ cup)  Lowfat Ranch Dip (¼ cup)  Grape Juice (½ cup)  Lowfat White Milk | **MA**  **O**  **GB**  **MA**  **FV**  **FV**  **M** | Peanut Butter (2 Tbsp) & Jelly (1 Tbsp) on  White Bread1  Yogurt (½ cup)  Raisins (¼ cup)  Banana (1 medium)  Lowfat Choc. Milk (1 cup) | **GB**  **MAFV**  **FV**  **M**  **O** | Nacho Chips1 (1 oz) with  Shredded Cheese (2 oz) &  Salsa (½ cup)  Granny Smith Apple (1 medium)  Lowfat Milk (1 cup)  Chocolate Pudding (½ cup) | **MA**  **FV**  **O**  **GB**  **FV**  **M** | Salami (1½ oz) & American Cheese (½ oz) with Lettuce/Tomato (¼ cup)  Mustard or Lowfat Mayonnaise (½ oz)  Grinder Roll1 (2 oz.)  Grapes (½ cup)  Lowfat Milk (1 cup) |
| **MA**  **FV**  **FV**  **FV**  **GB**  **M** | *Chef’s Salad*: Turkey (1 oz), ham (½ oz), cheddar cheese (½ oz)  Lettuce (1 cup)  Tomatoes (¼ cup)  Sliced kiwi (¼ cup)  Saltines1,2 (8)  Lowfat Milk (1 cup) | **MA**  **O**  **GB**  **FV**  **FV**  **M** | Cold Chicken Fingers (2 oz meat) with Honey or BBQ Dipping sauce (¼ cup)  Wheat Roll1 (2 oz)  Cucumber and Carrot Slices (½ cup)  Peach (1 medium)  Lowfat Choc. Milk (1 cup) | **MA**  **GB**  **O**  **GB**  **FV**  **FV**  **M** | Roast Beef ( 2 oz) on Grinder Roll1 ( 2 oz)  Ketchup, Mustard or Lowfat Mayonnaise (½ oz)  Pasta (½ cup) Veggie (¼ cup) Salad  Strawberries (½ cup)  Lowfat Milk (1 cup) | **MA**  **GB**  **FV**  **FV**  **M** | Turkey (1½ oz) & Cheese (½ oz) Wrap (soft tortilla shell1 1½oz)  Lettuce & Tomato (¼ cup)  Watermelon (½ cup)  Lowfat Milk (1 cup) | **MA**  **GB**  **FV**  **O**  **FV**  **M** | Pepperoni Pizza (2 oz. cheese & meat, 2 oz. crust1), served cold or hot  Salad Greens (3/4 cup)  Lowfat Ranch Dressing (2 Tbsp)  Raisins (¼ cup)  Lowfat Choc. Milk (1 cup) |
| **MA**  **GB**  **FV**  **FV**  **O**  **M** | Cold Fried Chicken (2 oz meat)  Corn Bread1,3  Carrot Raisin Salad (½ cup)  Green Pepper Strips (¼ cup) with Lowfat Ranch Dip (2 Tbsp)  Lowfat Choc. Milk (1 cup) | **MA**  **GB**  **FV**  **FV**  **M** | *Munchables:* Peanut Butter (2 Tbsp) and Monterey Jack Cheese (1 oz)  Rice Cakes1,2 (3)  Raisins (¼ cup)  Applesauce (½ cup)  Lowfat Choc. Milk (1 cup) | **MA**  **GB**  **O**  **A**  **FV**  **FV**  **M** | Meatloaf (2 oz) and Cheese (1/2 oz) on a Hard Roll  Ketchup or Mustard (½ oz)  Pretzels Sticks (1 oz)  Confetti Coleslaw (½ cup)  Fruit Salad (½ cup)  Lowfat milk (1 cup) | **MA**  **FV**  **FV**  **MA**  **A**  **GB**  **M** | Yogurt (½ cup)  Melon Cubes (½ cup)  Green & Red Grapes (½ cup)  Mild Cheddar Cheese (1 oz)  Wheat Thins1,2 (12)  Blueberry Muffin (2 oz)  Lowfat Choc. Milk (1 cup) |  | *English Muffin Pizza:* Shredded Mozzarella (2 oz) and Pizza Sauce (¼ cup), served hot or cold  Cucumber and Tomato Salad (½ cup)  Banana (1 medium)  Lowfat milk (1 cup) |