

**WNESU FARM TO SCHOOL CAFE- SFSP 2023
NON CONGREGATE BULK MEAL KIT MENU 6/28- 7/4/2023**

	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
Breakfast	28	29	30	1	2	3	4
	1 oz WG Cereal 1/2 C Apple 1 C 1% or Skim Milk	1.25 oz Nutrigrain Bar 1/2 C Banana 1 C 1% or Skim Milk	1 oz WG Bread or Tortilla 1/2 C Apple 1 C 1% or Skim Milk	1 oz WG Cereal 1/2 C Banana 1 C 1% or Skim Milk	1 oz WG Bread or Tortilla 1/2 C Apple 1 C 1% or Skim Milk	1 oz WG Cereal 1/2 C Craisin (2 packs) 1 C 1% or Skim Milk	1 oz WG Toast 1/2 C Apple 1 C 1% or Skim Milk
Lunch							
	2 oz Sunflower Seeds 2 oz WG Bread or Tortilla 1/2 C Grape or 1/2 C Corn 1/2 C Spinach 1/4 C Sweet Potato	2 oz Cheese 1 oz WG Snack Crisps 1/2 C Grape or 1/2 C Corn 1/2 C Spinach 1/4 C Sweet Potato	2 oz Cheese 1 oz WG Rice Krispy Treat 1/2 C Grape or 1/2 C Corn 1/2 C Spinach 1/4 C Sweet Potato	2 oz Cheese 2 oz WG Bread or Tortilla 1/2 C Grape or 1/2 C Corn 1/2 C Spinach 1/4 C Sweet Potato	2 oz Cheese 1 oz WG Graham Crackers 1/2 C Grape or 1/2 C Corn 1/2 C Spinach 1/4 C Sweet Potato	2 oz Cheese 1 oz WG Rice Krispy Treat 1/2 C Grape or 1/2 C Corn 1/2 C Spinach 1/4 C Sweet Potato	2 oz Cheese 1 oz WG Cheezit 1/2 C Grape or 1/2 C Corn 1/2 C Spinach 1/4 C Sweet Potato
	Meals are for children 18 & under. Children may only receive 1 lunch and 1 bfast per day This institution is an equal opportunity provider						

**WNESU FARM TO SCHOOL CAFE- SFSP 2023
NON CONGREGATE BULK MEAL KIT MENU 7/5-7/11/2023**

	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
Breakfast	5	6	7	8	9	10	11
	1 oz WG Cereal 1/2 C Apple 1 C 1% or SKim Milk	1.25 oz Nutrigrain Bar 1/2 C Banana 1 C 1% or SKim Milk	1 oz WG Cereal 1/2 C Diced Fruit 1 C 1% or SKim Milk	WG Chex Mix 1 Cup 100% Fruit Juice 1 C 1% or SKim Milk	1 oz WG Cereal 1/2 C Applesauce 1 C 1% or SKim Milk	1.25 oz WG Poptart 1/2 C Orange 1 C 1% or SKim Milk	1 oz WG Cereal 1 Cup 100% Fruit Juice 1 C 1% or SKim Milk
Lunch							
	2 oz Cheese 2 oz WG Tortilla Chips 1/2 C Apple 1/2 C Lettuce 1 C 1% or Skim Milk	2 oz Cheese 2 oz WG Tortilla Chips 1/2 C Banana 1/2 C Lettuce 1 C 1% or Skim Milk	2 oz Cheese 2 oz WG Tortilla Chips 1/2 C Diced Fruit 1/2 C Lettuce 1 C 1% or Skim Milk	2 oz Cheese 2 oz WG Tortilla Chips 1/2 C Applesauce 1/2 C Lettuce 1 C 1% or Skim Milk	2 oz Cheese 2 oz WG Tortilla Chips 1/2 C Orange 1/2 C Lettuce 1 C 1% or Skim Milk	2 oz Cheese 2 oz WG Tortilla Chips 1/2 C Banana 1/4 C Craisin 1 C 1% or Skim Milk	2 oz Cheese 2 oz WG Tortilla Chips 1/2 C Kiwi 1/4 C Craisin 1 C 1% or Skim Milk
	Meals are for children 18 & under. Children may only receive 1 lunch and 1 bfast per day This institution is an equal opportunity provider						