

SUMMER (COLD)

MENU ITEMS	1	2	3	4	5	6	7
APPETIZER (Optional) Juice, Soup, other	Vitamin C Enriched Apple Juice	Orange Juice	Vitamin C Enriched Pineapple Juice	Vitamin C Enriched Grape Juice	Orange/Pineapple Juice	Vegetable Soup	Orange Juice
MAIN DISH Meat, fish, poultry, cheese or alternate 3 oz. cooked edible serving	Chicken Salad on Bed of Lettuce	Roast Beef & American Cheese on Bed of Lettuce	White Fish Salad on Bed of Lettuce	Low-Salt Ham & Swiss Cheese	Sliced Turkey Breast on Bed of Lettuce	Egg Salad w/ Dill on Bed of Lettuce	Turkey Pastrami on Bed of Lettuce
If Served, rice or pasta ½ cup	Cole Slaw	Spiral Pasta Salad	Vegetable Cous Cous	Sweet Potato Salad	Tri-Color Pasta	Spinach w/ Red Onion Salad	Cole Slaw
VEGETABLES/FRUITS* Two (2) half cups required daily	Sliced Beets	Tomato & Cucumber Salad	Grated Carrots & Chopped Tomato Salad	Green Salad	Lettuce 3-Bean Salad	Potato Salad	Pasta Salad
BREAD: (Whole Grain or Enriched) One (1) serving daily	Whole Wheat Bread (2)	Dinner Roll	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
MARGARINE, BUTTER OR NUT BUTTER One (1) tsp. daily	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
DESSERT: ½ cup daily	Cantaloupe	Apple	Watermelon	Honeydew	Apricots	Cantaloupe	Tangerine (2)
MILK: (Rice, Soy, Almond) 8 oz.	1% Low fat Milk	1% Low fat Milk	1% Low fat Milk	1% Low fat Milk	1% Low fat Milk	1% Low fat Milk	1% Low fat Milk

SUMMER (COLD)

MENU ITEMS	8	9	10	11	12	13	14
APPETIZER (Optional) Juice, Soup, other	Vitamin C Enriched Grape Juice	Vitamin C Enriched Cranberry Juice	Vitamin C Enriched Pineapple Juice	Split Pea Soup	Orange Juice	Vitamin C Enriched Apple Juice	Orange/Pineapple Juice
MAIN DISH Meat, fish, poultry, cheese or alternate 3 oz. cooked edible serving	Tuna Salad on Bed of Lettuce	Grilled Chicken Breast	Deli Sliced Turkey Ham (Low Sodium) on Bed of Lettuce	Low-Fat Cottage Cheese on Bed of Lettuce	Crabmeat Salad on Bed of Lettuce	Chef Salad	Chopped Chicken Liver on Bed of Lettuce
If Served, rice or pasta ½ cup	Pasta Salad	Mexican Corn	Cole Slaw	Cubed Cantaloupe	Carrot & Raisin Salad	Chick Pea Salad	Macaroni Salad
VEGETABLES/FRUITS* Two (2) half cups required daily	Tomato and Cucumber	Romaine & Red Cabbage Salad	Black Bean & Corn Salsa	Tossed Green Salad	Cold German Potato Salad	Tossed Green Salad	Green Bean & Tomato Vinaigrette
BREAD: (Whole Grain or Enriched) One (1) serving daily	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
MARGARINE, BUTTER OR NUT BUTTER One (1) tsp. daily	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
DESSERT: ½ cup daily	Honeydew	Apple	Banana	Orange	Peach	Cantaloupe	Honeydew
MILK: (Rice, Soy, Almond) 8 oz.	1% Low fat Milk	1% Low fat Milk	1% Low fat Milk	1% Low fat Milk	1% Low fat Milk	1% Low fat Milk	1% Low fat Milk