

## Sample Summer Food Service Program (SFSP) Bag Lunch and Breakfast Menus

### Sample SFSP Bag Lunch Menu

| Day       | Meat/Grain  | Vegetable              | Fruit               | Milk       |
|-----------|---|------------------------|---------------------|------------|
| Monday    | Twin Cheese Sandwich on bun (2 oz. meat)                      | ¼ cup baby carrots     | 1 apple             | 8 oz. milk |
| Tuesday   | Deli turkey sandwich (2 oz. meat)<br>Mustard packet           | ¼ cup cauliflower buds | ½ cup orange smiles | 8 oz. milk |
| Wednesday | Cold chicken breast on bun (2 oz. meat)<br>BBQ sauce          | ¼ cup broccoli flowers | ½ cup grapes        | 8 oz. milk |
| Thursday  | Sunbutter sandwich (4 Tbsp. sunbutter)<br>Jelly packet        | ¼ cup cucumber slices  | 1 banana            | 8 oz. milk |
| Friday    | Deli turkey on French bread (2 oz. meat)<br>Mayonnaise packet | ¼ cup cherry tomatoes  | ½ cup applesauce    | 8 oz. milk |

## Sample SFSP Bag Breakfast Menu

| Day       | Grain  | Fruit                              | Milk       |
|-----------|--|------------------------------------|------------|
| Monday    | Blueberry muffin                                 | Whole banana                       | 8 oz. milk |
| Tuesday   | Assorted cereal cup (1 oz. or $\frac{3}{4}$ cup) | $\frac{1}{2}$ cup grape juice cup  | 8 oz. milk |
| Wednesday | Bagel and cheese stick<br>Jelly packet           | Whole orange                       | 8 oz. milk |
| Thursday  | Assorted cereal cup (1 oz. or $\frac{3}{4}$ cup) | $\frac{1}{2}$ cup applesauce cup   | 8 oz. milk |
| Friday    | Cinnamon roll                                    | $\frac{1}{2}$ cup orange juice cup | 8 oz. milk |