

April 2021 SFSP K-12 Distant Learning - Lunch & Breakfast - 7 Day Bundle Meals

Menu is subject to substitutions due to food shortages, due to the prevailing Pandemic situations

	Monday	Tuesday	Wednesday	Thursday	Thursday	Saturday	Sunday
				1	2	3	4
Lunch	Food, but Not Food Oatmeal is a popular ingredient in many skin soothing lotions and creams.			Bean & Cheese Burrito	All Beef Hot Dog Kit	Turkey Bun Cool Ranch Doritos	Grilled Cheese Sandwich Baked Cheetos
Veg Lunch Option	Citrus fruits act as natural deodorizer and insect repellent.			Cheese Sandwich on Wheat Bread	Cheesy Pullapart Bread	Yogurt Cup, Cheese Stick Mini Cinnis	4.6 oz Wowbutter & Jelly Sandwich
All Lunches Receive	Salt and lemon mixture removes rust.			1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)
Breakfast	Ketchup removes tarnish from brass fixtures.			Pop Tart (1 item) 100% 4oz Juice & Second Item * (1 Item Each) Milk (OVS)	Cereal Bowl (1 item) 100% 4oz Juice & Second Item * (1 Item Each) Milk (OVS)	Maple Snackin' Waffle (1 item) 100% 4oz Juice & Second Item * (1 Item Each) Milk (OVS)	Pancakes (1 item) 100% 4oz Juice & Second Item * (1 Item Each) Milk (OVS)
Week III							
Lunch	Personal Pan Pizza	Make your Own Nachos Cheese Cup & Corn Chips String Cheese	Wow Butter Cup & Bagel Cheese Stick	Cheesy Pullapart Bread	Wild Mikes Cheese Bites	Grilled Cheese Sandwich Mixed Berry Animal Crackers	Chicken Corn Dog Cinnamon Grahams
Veg Lunch Option	Personal Pan Pizza	Cheese Cup, Corn Chips String Cheese	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	Wild Mikes Cheese Bites	Yogurt Cup, Cheese Stick Honey Bun	Wow Butter Cup, Chz Stick WG Bagel
All Lunches Receive	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)
Breakfast	Strawberry Boli (1 item) 100% 4oz Juice & Second Item * (1 Item Each) Milk (OVS)	Corn Muffin (1 item) 100% 4oz Juice & Second Item * (1 Item Each) Milk (OVS)	WG Apple Donut (1 item) 100% 4oz Juice & Second Item * (1 Item Each) Milk (OVS)	Mini Cinnis (1 item) 100% 4oz Juice & Second Item * (1 Item Each) Milk (OVS)	Cereal Bowl (1 item) 100% 4oz Juice & Second Item * (1 Item Each) Milk (OVS)	Mini Waffle Bag (1 item) 100% 4oz Juice & Second Item * (1 Item Each) Milk (OVS)	BC Cinnamon Roll (1 item) 100% 4oz Juice & Second Item * (1 Item Each) Milk (OVS)
Week IV							
Lunch	Personal Pan Pizza	Breaded Chicken Patty Bun Kit WG Bun & Chz Patty	Hamburger Kit Baked Cheetos	Sunseeds & Amazin Raisins Pack Cheese Stick & Cheezits	Wowbutter & Jelly Sandwich	Bean & Cheese Burrito Corn Chips	Cheesy Pullapart Bread
Veg Lunch Option	Personal Pan Pizza	Yogurt Cup, Cheese Stick Honey Bun	Wow Butter Cup, Chz Stick WG Bagel	Cheese Sandwich on Wheat Bread 1/2 c Fruit	Yogurt Cup, Cheese Stick Mini French Toast Bag	Cheese Cup, Corn Chips String Cheese	Cheese Bun
All Lunches Receive	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)	*Fruit for lunch is raisins in sunseed pack 1/4 Cup Veggies & Milk (OVS)	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)
Breakfast	2 oz Assorted Breakfast Bread (1 item) 100% 4oz Juice & Second Item * (1 Item Each) Milk (OVS)	Pancakes (1 item) 100% 4oz Juice & Second Item * (1 Item Each) Milk (OVS)	Pop Tart (1 item) 100% 4oz Juice & Second Item * (1 Item Each) Milk (OVS)	Strawberry Boli (1 item) 100% 4oz Juice & Second Item * (1 Item Each) Milk (OVS)	Cereal Bowl (1 item) 100% 4oz Juice & Second Item * (1 Item Each) Milk (OVS)	WG Apple Donut (1 item) 100% 4oz Juice & Second Item * (1 Item Each) Milk (OVS)	Pancakes (1 item) 100% 4oz Juice & Second Item * (1 Item Each) Milk (OVS)
Week V							
Lunch	Personal Pan Pizza	Chicken Corn Dog Lemon Blueberry Bites	Italian Calzone Pocket	Bean & Cheese Burrito Corn Chips	All Beef Hot Dog Kit Baked Cheetos	Turkey Bun Cool Ranch Doritos	Grilled Cheese Sandwich Baked Cheetos
Veg Lunch Option	Personal Pan Pizza	Cheese Cup, Corn Chips String Cheese	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	Cheesy Pullapart Bread	Yogurt Cup, Cheese Stick Honey Bun	Wow Butter Cup, Chz Stick WG Bagel
All Lunches Receive	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)
Breakfast	1.5 oz Breakfast Brekkie (1 item) 100% 4oz Juice & Second Item * (1 Item Each) Milk (OVS)	Honey Bun (1 item) 100% 4oz Juice & Second Item * (1 Item Each) Milk (OVS)	Assorted Muffin (1 item) 100% 4oz Juice & Second Item * (1 Item Each) Milk (OVS)	Stuffed Crm Chz Bagel (1 item) 100% 4oz Juice & Second Item * (1 Item Each) Milk (OVS)	Buttery Maple Waffle (1 item) 100% 4oz Juice & Second Item * (1 Item Each) Milk (OVS)	2 oz Assorted Breakfast Bread (1 item) 100% 4oz Juice & Second Item * (1 Item Each) Milk (OVS)	Assorted Cereal Bar (1 Item) 100% 4oz Juice & Second Item * (1 Item Each) Milk (OVS)
Week VI							
Lunch	Personal Pan Pizza	Make your Own Nachos Cheese Cup & Corn Chips String Cheese	Wow Butter Cup & Bagel Honey Roasted Sun Seeds	Wrapped Cheese Omelette 2 oz Snackbread	Wild Mikes Cheese Bites	Grilled Cheese Sandwich Mixed Berry Animal Crackers	Chicken Corn Dog Cinnamon Grahams
Veg Lunch Option	Personal Pan Pizza	Yogurt Cup, Cheese Stick Honey Bun	Wow Butter Cup, Chz Stick WG Bagel	Cheese Sandwich on Wheat Bread	Wild Mikes Cheese Bites	Wowbutter & Jelly Sandwich	Wow Butter Cup, Chz Stick WG Bagel
All Lunches Receive	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)
Breakfast	Assorted Cereal Bowl (1 item) 100% 4oz Juice & Second Item * (1 Item Each) Milk (OVS)	WG Pancakes (1 item) 100% 4oz Juice & Second Item * (1 Item Each) Milk (OVS)	Mini Cinnis (1 item) 100% 4oz Juice & Second Item * (1 Item Each) Milk (OVS)	WG Apple Donut (1 item) 100% 4oz Juice & Second Item * (1 Item Each) Milk (OVS)	Assorted Cereal Bowl (1 item) 100% 4oz Juice & Second Item * (1 Item Each) Milk (OVS)	Mini Waffle Bag (1 item) 100% 4oz Juice & Second Item * (1 Item Each) Milk (OVS)	WG Pancakes (1 item) 100% 4oz Juice & Second Item * (1 Item Each) Milk (OVS)
Week I							

Instructions for packing the bundled Meals

* Second Item in breakfast bundle could be anyone of the following: Applesauce, Craisins, Cheese Stick, Cereal Bar or Cereal Bowl (all options are 1 item each)

****Please Pack Red Print Items for BREAKFAST / LUNCH / SNACK / DINNER in one bag for Refrigeration. Attach Refrigeration Label to Bag.

****Please Pack All Black Ink Items in one bag (These are all Shelf Stable)

May 2021 Menu (Subject to Change)								
	Monday	Tuesday	Wednesday	Thursday	Thursday	Saturday	Sunday	
	3	4	5	6	7	8	9	
Lunch	Personal Pan Pizza	Breaded Chicken Patty Bun Kit Mixed Berry Crackers	Hamburger Kit Nacho Cheese Doritos	Cheesy Pullapart Bread	Wowbutter & Jelly Sandwich 1/2 cup Fruit	Bean & Cheese Burrito Corn Chips	Sunseeds & Amazin Raisins Pack Cheese Stick & Cheezits	
Veg Lunch Option	Personal Pan Pizza	Cheese Cup, Corn Chips String Cheese	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	Sunseed & Amazin Raisins Pack w/ Cheese Stick, Cheezits	Cheese Cup, Corn Chips String Cheese	Cheese Bun 1/2 Cup fruit	
All Lunches Receive	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)	
Breakfast	Pop Tart (1 item) 100% 4oz Juice & Second Item * (1 Item Each)	Strawberry Boli(1 item) 100% 4oz Juice & Second Item * (1 Item Each)	Assorted Cereal Bowl (1 item) 100% 4oz Juice & Second Item * (1 Item Each)	Honey Bun (1 item) 100% 4oz Juice & Second Item * (1 Item Each)	2 oz Breakfast Bread (1 item) 100% 4oz Juice & Second Item * (1 Item Each)	Corn Muffin (1 item) 100% 4oz Juice & Second Item * (1 Item Each)	WG Apple Donut (1 item) 100% 4oz Juice & Second Item * (1 Item Each)	
Week II	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)	
	10	11	12					
Lunch	Personal Pan Pizza	Chicken Corn Dog Lemon Blueberry Bites	Italian Calzone Pocket					
Veg Lunch Option	Personal Pan Pizza	Yogurt Cup, Cheese Stick Honey Bun	Wow Butter Cup, Chz Stick WG Bagel					
All Lunches Receive	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)	1/2 Cup Fruit 1/4 Cup Veggies & Milk (OVS)					
Breakfast	Assorted Muffin (1 item) 100% 4oz Juice & Second Item * (1 Item Each)	Pancakes (1 item) 100% 4oz Juice & Second Item * (1 Item Each)	BC Cinnamon Roll (1 item) 100% 4oz Juice & Second Item * (1 Item Each)					
Week III	Milk (OVS)	Milk (OVS)	Milk (OVS)					

*Skim and 1% milk choices offered daily.
*All Bread/Chips/Tortillas listed in the menu are whole-grain products.