

Community Action Inc. of Central Texas **2023 Summer Menu**
June 5-9, 19-23, July 3-7

SUMMER Regular Menu - Week 1					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast ★ Fruit and/or Vegetable ★ Grains (Meat/MA up to 3x/wk) ★ Milk <u>Whole</u> - 1 - 2 yrs <u>1%</u> - 2 yrs and older Must serve all 3 components	WG Pancakes (1) with strawberry jam Mandarin Oranges (½ c) Milk (½ - ¾ c)	WG Blueberry Muffin (1) Vanilla Yogurt (¼ c) Diced Peaches (½ c) Milk (½ - ¾ c)	WG Cinnamon Chex Cereal (¾ c) Turkey Sausage (1) Banana (½) Milk (½ - ¾ c)	Omelet (1) Fresh Oranges (½ c) Milk (½ - ¾ c)	Scrambled Eggs (¼ c) WG Biscuit (1) Diced Pears (½ c) Milk (½ - ¾ c)
Lunch ★ Fruit ★ Grains ★ Meat/MA ★ Vegetable ★ Milk <u>Whole</u> - 1 - 2 yrs <u>1%</u> - 2 yrs and older Must serve all 5 components	BBQ Chicken Fresh Watermelon (¼ c) White Rice (¼ c) Diced Chicken (¼ c) Peas (¼ c) Milk (½ - ¾ c)	Salisbury Steak Fresh Blueberries (¼ c) WG Bread (½ slice) Salisbury Steak (1) Diced Zucchini (¼ c) Milk (½ - ¾ c)	Ground Turkey Tacos Fresh Honeydew (¼ c) Ground Turkey (¼ c) Flour Tortilla (1) Pinto Beans (¼ c) Milk (½ - ¾ c)	Cheeseburgers Fresh Strawberries (¼ c) WG Bun with Beef Patty and Sliced Cheddar Cheese (½ sandwich) Chopped Broccoli (¼ c) Milk (½ - ¾ c)	Lasagna Rollups Melon Medley (¼ c) WG Lasagna Cheese Rollup (1) Green Beans (¼ c) Milk (½ - ¾ c)
Snack ★ Fruit ★ Grains ★ Meat/MA ★ Vegetable ★ Milk <u>Whole</u> - 1 - 2 yrs <u>1%</u> - 2 yrs and older Must serve 2 components	WG Animal Crackers (1 bag) Yogurt Cup (1 cup)	Rice Krispies Cereal (¾ c) Milk (½ c)	WG Goldfish (1 packet) Mixed Fruit Cup (4 oz)	WG Banana Bread (1 loaf) Milk (½ c)	Club Crackers (2 packets) Cheddar Cheese (1 slice)

SUMMER Regular Menu - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast ★ Fruit and/or Vegetable ★ Grains (Meat/MA up to 3x/wk) ★ Milk <u>Whole</u> - 1 - 2 yrs 1% - 2 yrs and older Must serve all 3 components	WG Biscuit (1) Turkey Sausage (1) Diced Peaches (½ c) Milk (½ - ¾ c)	WG Blueberry Muffin (1) Vanilla Yogurt (¼ c) Diced Pears (½ c) Milk (½ - ¾ c)	Rice Krispies Cereal (¾ c) Turkey Sausage (1) Banana (½) Milk (½ - ¾ c)	Migas (⅓ c) Egg, corn tortillas, shredded cheese Pineapple Tidbits (½ c) Milk (½ - ¾ c)	WG Waffles (1) Fresh Oranges (½ c) Milk (½ - ¾ c)
Lunch ★ Fruit ★ Grains ★ Meat/MA ★ Vegetable ★ Milk <u>Whole</u> - 1 - 2 yrs 1% - 2 yrs and older Must serve all 5 components	Homemade Quesadillas Fresh Strawberries (¼ c) Flour Tortilla with Cheese (1 whole) Pinto Beans (¼ c) Avocado (kids choice) Milk (½ - ¾ c)	Chicken & Rice Fresh Cantaloupe (¼ c) White Rice with Chicken (½ c) Peas and Carrots (¼ c) Milk (½ - ¾ c)	Enchilada Casserole Romaine & Tomato salad (¼ c) Corn Tortillas layered with Ground Beef and Cheddar Cheese (½ c) Black Beans (¼ c) Milk (½ - ¾ c)	Spaghetti Fresh Watermelon (¼ c) WG Spaghetti Pasta with Ground Turkey (½ c) Green Beans (¼ c) Milk (½ - ¾ c)	Refried Bean Tacos Melon Medley (¼ c) Flour Tortilla (1) Bean & Cheese mix (¼ c) Diced Zucchini (¼ c) Milk (½ - ¾ c)
Snack ★ Fruit ★ Grains ★ Meat/MA ★ Vegetable ★ Milk <u>Whole</u> - 1 - 2 yrs 1% - 2 yrs and older Must serve 2 components	WG Cinnamon Chex Cereal (¾ c) Milk (½ c)	WG Goldfish Crackers (1 bag) Applesauce Cup (1 cup)	WG Animal Crackers (1 bag) Yogurt Cup (1 cup)	Club Crackers (2 packets) Cheddar Cheese (1 slice)	WG Graham Crackers (1 packet) Banana (½)