



Grab & Go Meals for Kids

St. Martin Parish School Board Summer Feeding Program

Menu #1 June 1-5, June 8-12, June 29- July 3, July 6-10, July 27-31

Breakfast

Day 1	Day 2	Day 3	Day 4	Day 5
Cereal, Assorted $\frac{3}{4}$ cup Fruit Juice $\frac{1}{2}$ cup Milk, 1% LF, 8 oz	Blueberry Muffin 1 oz eq Fresh Apple 1 cup Milk, 1%LF, 8 oz	Cereal, Assorted $\frac{3}{4}$ cup Fruit Juice $\frac{1}{2}$ cup Milk, 1%LF, 8 oz	Honeybun 2 oz eq Fresh Orange $\frac{1}{2}$ cup Milk, 1%LF, 8 oz	Cereal, Assorted $\frac{3}{4}$ cup Fruit Juice $\frac{1}{2}$ cup Milk, 1%LF, 8 oz

Lunch

Day 1	Day 2	Day 3	Day 4	Day 5
Chili Cheese Dog 2 oz 2GB Baby Carrots $\frac{1}{4}$ cup Fruit Cup $\frac{1}{2}$ cup Milk, 1% Choc, 8 oz	Chicken Stew w/Rice 2 oz/ $\frac{1}{2}$ cup Fruit Juice $\frac{1}{2}$ cup Fresh Orange $\frac{1}{2}$ cup Milk, 1%LF, 8 oz	Macaroni & Cheese 2 oz/ $\frac{1}{2}$ cup Mango Swirl Juice, 6 oz/3/4 cup FV Milk, 1% Choc, 8 oz	BBQ Hamburger 2 oz/2GB Baby Carrots $\frac{1}{4}$ cup Fruit Cup $\frac{1}{2}$ cup Milk, 1%LF, 8 oz	Spaghetti w/Meatsauce 2 oz/ $\frac{1}{2}$ cup Fruit Juice $\frac{1}{2}$ cup Fresh Orange $\frac{1}{2}$ cup Milk, 1% Choc, 8 oz

Menu #2 June 15-19, June 22-26, July 13-17, July 20-24

Breakfast

Day 1	Day 2	Day 3	Day 4	Day 5
Cereal, Assorted $\frac{3}{4}$ cup Fruit Juice $\frac{1}{2}$ cup Milk, 1% LF, 8 oz	Blueberry Muffin 1 oz eq Fresh Apple 1 cup Milk, 1%LF, 8 oz	Cereal, Assorted $\frac{3}{4}$ cup Fruit Juice $\frac{1}{2}$ cup Milk, 1%LF, 8 oz	Honeybun 2 oz eq Fresh Orange $\frac{1}{2}$ cup Milk, 1%LF, 8 oz	Cereal, Assorted $\frac{3}{4}$ cup Fruit Juice $\frac{1}{2}$ cup Milk, 1%LF, 8 oz

Lunch

Day 1	Day 2	Day 3	Day 4	Day 5
Chili Cheese Dog 2 oz 2GB Baby Carrots $\frac{1}{4}$ cup Fruit Cup $\frac{1}{2}$ cup Milk, 1% Choc, 8 oz	Chicken Fajita Wrap 2 oz/ 1 oz Fruit Juice $\frac{1}{2}$ cup Fresh Orange $\frac{1}{2}$ cup Milk, 1%LF, 8 oz	Beef & Macaroni 2 oz/ $\frac{1}{2}$ cup Mango Swirl Juice, 6 oz/3/4 cup FV Milk, 1% Choc, 8 oz	BBQ Hamburger 2 oz/2GB Baby Carrots $\frac{1}{4}$ cup Fruit Cup $\frac{1}{2}$ cup Milk, 1%LF, 8 oz	Red Beans & Rice 2 oz/ $\frac{1}{2}$ cup Fruit Juice $\frac{1}{2}$ cup Fresh Orange $\frac{1}{2}$ cup Milk, 1% Choc, 8 oz

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Mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

Fax:
(833) 256-1665 or (202) 690-7442