**Menu Planning Form**

**Provider/Program:** Railroad Junction School Age Program

**Address:** 10 May Street, Webster NY 14580

**Dietician Approved**

**Color Legend**
- Red = Dairy
- Yellow = Egg
- Green = Pork
- Purple = Beef
- Blue = Seeds

**1% Milk is Served**

**Week of:** Summer Week 1

**Effective:** 6/21/2022-9/6/2022

<table>
<thead>
<tr>
<th>Meal Pattern</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruit or Fruit Juice</td>
<td>Assorted Whole Grain Cold Cereal Fresh Fruit Cereal Bars</td>
<td>Assorted Whole Grain Cold Cereal Fresh Fruit GoGurt</td>
<td>Assorted Whole Grain Cold Cereal Fresh Fruit Mini Bagels</td>
<td>Assorted Whole Grain Cold Cereal Fresh Fruit Assorted Muffins</td>
<td>Assorted Whole Grain Cold Cereal Fresh Fruit Croissants</td>
</tr>
<tr>
<td>Enriched Bread or Cereal Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
</tr>
<tr>
<td>Lunch: Meat or Meat Alternate Vegetable or fruit (choose 2)</td>
<td>Turkey Hot Dog On Whole Wheat Bun Vegetarian Baked Beans Melon Milk</td>
<td><strong>Meatball</strong> Sub/Mozzarella Cheese On Whole Wheat Bun Mixed Bean Salad Fresh Fruit Milk</td>
<td><strong>Salad Bar</strong> Turkey, Ham, Hard Boiled Eggs, Cheese, Lettuce Bread Sticks Peaches Milk</td>
<td><strong>Sloppy Joes</strong> With Ground Turkey On Whole Wheat Bun Corn Mandarin Oranges Milk</td>
<td>BBQ Chicken Pasta Salad Fruit Cocktail Milk</td>
</tr>
<tr>
<td>Enriched Bread/Bread Alternate Other (optional) Milk</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Afternoon Snack:</strong> Choose any two foods from Milk, Fruit, Fruit Juice, Vegetables, Enriched Bread/Crackers/Cookies/Cereal, Cheese, Eggs, Milk, Dessert</td>
<td>Teddy Grahams Fresh Fruit Milk</td>
<td>Colby Jack or Cheddar Cheese Cubes Ritz Crackers Water</td>
<td>Flour Tortilla w/Salsa Fresh Fruit Water</td>
<td>Whole Grain Animal Crackers Fresh Fruit Milk</td>
<td>Fresh Veggies Cheese Its Water</td>
</tr>
</tbody>
</table>
### Menu Planning Form

**Provider/Program:** Railroad Junction School Age Program  
**Address:** 10 May Street, Webster NY 14580  
**Dietician Approved:** 1% Milk is Served  
**Color Legend:**  
- Red = Dairy  
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- Blue = Seeds  
**Week of:** Summer  
**Week 2**  
**Effective:** 6/21/2022 - 9/6/2022

<table>
<thead>
<tr>
<th>Meal Pattern</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast:</strong></td>
<td>Assorted Whole Grain Cold Cereal</td>
<td>Assorted Whole Grain Cold Cereal</td>
<td>Assorted Whole Grain Cold Cereal</td>
<td>Assorted Whole Grain Cold Cereal</td>
<td>Assorted Whole Grain Cold Cereal</td>
</tr>
<tr>
<td></td>
<td>Hard Boiled Eggs</td>
<td>Fresh Fruit</td>
<td>Fresh Fruit</td>
<td>Fresh Fruit</td>
<td>Fresh Fruit</td>
</tr>
<tr>
<td></td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
</tr>
<tr>
<td><strong>Lunch:</strong></td>
<td><strong>Tacos</strong></td>
<td><strong>Cheese/Pepperoni Pizza</strong></td>
<td><strong>Baked Ziti</strong></td>
<td><strong>Chicken Wrap</strong></td>
<td><strong>Macaroni &amp; Cheese</strong></td>
</tr>
<tr>
<td></td>
<td>Hard or Soft Shells</td>
<td>Cheese</td>
<td>W/Mozzarella Cheese</td>
<td>Diced Chicken, Cheese, Lettuce</td>
<td>Peas</td>
</tr>
<tr>
<td></td>
<td><em>Turkey</em></td>
<td>Pepperoni</td>
<td>Baby Carrots</td>
<td><em>Buffalo</em></td>
<td><em>Fruit Cocktail</em></td>
</tr>
<tr>
<td></td>
<td><em>Cheese</em></td>
<td><em>Pizza</em></td>
<td>Grapes</td>
<td><em>Ranch</em></td>
<td><em>Peas</em></td>
</tr>
<tr>
<td></td>
<td><em>Tomato</em></td>
<td><em>Baby Carrots</em></td>
<td>Pears</td>
<td><em>Italian</em></td>
<td><em>Fruit Cocktail</em></td>
</tr>
<tr>
<td></td>
<td><em>Lettuce</em></td>
<td><em>Grapes</em></td>
<td>Pears</td>
<td><em>Caesar</em></td>
<td><em>Fruit Cocktail</em></td>
</tr>
<tr>
<td></td>
<td><em>Olives</em></td>
<td><em>Milk</em></td>
<td>Milk</td>
<td><em>Celery Sticks</em></td>
<td><em>Milk</em></td>
</tr>
<tr>
<td></td>
<td><em>Salsa</em></td>
<td></td>
<td></td>
<td><em>Fresh Fruit</em></td>
<td></td>
</tr>
<tr>
<td></td>
<td><em>Sour Cream</em></td>
<td></td>
<td></td>
<td><em>Milk</em></td>
<td></td>
</tr>
<tr>
<td></td>
<td><em>Fresh Fruit</em></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Afternoon Snack:</strong></td>
<td>Whole Wheat Mini Bagels Cream Cheese or Sun Butter</td>
<td>Cheddar Cheese Goldfish Vegetables</td>
<td>Goldfish Grahams Bananas</td>
<td>String Cheese Cucumber Slices</td>
<td>Chex Mix Fresh Fruit Water</td>
</tr>
<tr>
<td></td>
<td>Water</td>
<td>Water</td>
<td>Water</td>
<td>Water</td>
<td>Water</td>
</tr>
</tbody>
</table>

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*Address:* 10 May Street, Webster NY 14580
<table>
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<tr>
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<tr>
<td><strong>Breakfast:</strong></td>
<td>Assorted Whole Grain Cold Cereal</td>
<td>Assorted Whole Grain Cold Cereal</td>
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<td>Assorted Whole Grain Cold Cereal</td>
<td>Assorted Whole Grain Cold Cereal</td>
</tr>
<tr>
<td></td>
<td>Fresh Fruit</td>
<td>Fresh Fruit</td>
<td>Fresh Fruit</td>
<td>Fresh Fruit</td>
<td>Fresh Fruit</td>
</tr>
<tr>
<td></td>
<td>Cereal Bars</td>
<td>GoGurt</td>
<td>Mini Bagels</td>
<td>Assorted Muffins</td>
<td>Croissants</td>
</tr>
<tr>
<td></td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
</tr>
<tr>
<td><strong>Lunch:</strong></td>
<td>Hamburger/Cheesburger On Whole Wheat Bun</td>
<td>Deli Sandwich</td>
<td>Tuna Salad</td>
<td>Turkey Hot Dogs</td>
<td>Salad Bar</td>
</tr>
<tr>
<td></td>
<td>Baby Carrots</td>
<td>Ham/Turkey/Bologna Cheese</td>
<td>Pasta</td>
<td>On whole Wheat Bun</td>
<td>Turkey, Ham,</td>
</tr>
<tr>
<td></td>
<td>Apples</td>
<td>Wheat Bread</td>
<td>Peas</td>
<td>Vegetarian Baked Beans</td>
<td>Hard Boiled Eggs,</td>
</tr>
<tr>
<td></td>
<td>Milk</td>
<td>Cucumbers</td>
<td>Pineapple</td>
<td>Pears</td>
<td>Cheese, Lettuce</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Grapes</td>
<td></td>
<td></td>
<td>Whole Wheat Roll</td>
</tr>
<tr>
<td><strong>Afternoon Snack:</strong></td>
<td>Yogurt</td>
<td>Triscuits</td>
<td>Buttermilk Biscuits</td>
<td>Sliced Vegetables</td>
<td>Pretzels</td>
</tr>
<tr>
<td></td>
<td>Granola</td>
<td>Oranges</td>
<td>Honey or Jam</td>
<td>Cheese Its</td>
<td>Honey Mustard</td>
</tr>
<tr>
<td></td>
<td>Fresh Fruit</td>
<td>Water</td>
<td>Fresh Fruit</td>
<td>Water</td>
<td>Water</td>
</tr>
<tr>
<td></td>
<td>Water</td>
<td></td>
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**Week of:** Summer Camp Week 4  
**Effective:** 6/21/2022-9/6/2022  

1% Milk is Served

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</tr>
</thead>
</table>
| **Breakfast:** Fruit or Fruit Juice  
Enriched Bread or Cereal  
Milk | Assorted Whole Grain Cold Cereal  
Fresh Fruit  
**Hard Boiled Eggs**  
Milk | Assorted Whole Grain Cold Cereal  
Fresh Fruit  
Raisin Bread  
Milk | Assorted Whole Grain Cold Cereal  
Fresh Fruit  
Yogurt & Granola  
Milk | Assorted Whole Grain Cold Cereal  
Fresh Fruit  
Buttermilk Biscuits  
Milk | Assorted Whole Grain Cold Cereal  
Fresh Fruit  
Pop Tarts  
Milk |
| **Lunch:** Meat or Meat Alternate  
Vegetable or fruit (choose 2)  
Enriched Bread/Bread Alternate  
Other (optional)  
Milk | Cheese Tortellini With Mozzarella  
Broccoli  
Peaches  
Milk | **Taco Salad**  
Ground Turkey, Cheese, Lettuce, Sour Cream, Salsa  
Tortilla Chips  
Fresh Fruit  
Milk | **Wraps**  
Tuna or Turkey  
Lettuce, Tomatoes, Cheese, Tortilla  
Ranch/Italian/Hot Sauce  
Celery  
Fresh Fruit  
Milk | Macaroni & Cheese  
Peas  
Fruit Cocktail  
Milk  
Tossed Salad  
Milk | Cheese/Pepperoni Pizza  
Tossed Salad  
Milk |
| **Afternoon Snack:** Choose a combination of any two foods from Milk, Fruit, Fruit Juice, Vegetables, Enriched Bread/Crackers/Cookies/Cereal, Cheese, Eggs, Milk, Dessert | Assorted Muffins (Banana, Apple, Blueberry, Corn)  
Fresh Fruit  
Milk | Flour Tortillas With Shredded Cheese and Salsa  
Water | Chex Mix  
Vegetables  
Water | Apples  
Caramel/Cream Cheese Dip  
Graham Crackers  
Water | Multi-Grain Cheerios  
Dried Fruit  
Milk |