

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

Week of: Summer Week 1

1% Milk is Served
Effective: 6/21/2022-9/6/2022

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

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Week of: Summer Week 2

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Color Legend

Red = Dairy

Yellow = Eggs

Green = Pork

Purple = Beef

Blue = Seeds

| Meal Pattern | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
| 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 | Tacos Hard or Soft Shells Ground Turkey, Cheese , Tomato, Lettuce, Olives, Salsa, Sour Cream Fresh Fruit Milk | Cheese/Pepperoni Pizza Baby Carrots Grapes Milk | Baked Ziti W/Mozzarella Cheese Tossed Salad Pears Milk | Chicken Wrap Diced Chicken, Cheese, Lettuce Buffalo/ Ranch /Italian/ Caesar Celery Sticks Fresh Fruit Milk | Macaroni & Cheese Peas Fruit Cocktail Milk |
| Afternoon Snack: Choose a combination of any two foods from- Milk, Fruit, Fruit Juice, Vegetables, Enriched Bread/Crackers/Cookies/C ereal, Cheese, Eggs, Milk, Dessert | Whole Wheat Mini Bagels Cream Cheese or Sun Butter Water | Cheddar Cheese Goldfish Vegetables Water | Goldfish Grahams Bananas Water | String Cheese Cucumber Slices Water | Chex Mix Fresh Fruit Water |

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Week of: Summer Camp Week 3

1% Milk is Served
 Effective: 6/21/2022-9/6/2022

| Meal Pattern | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| Breakfast: Fruit or Fruit Juice Enriched Bread or Cereal Milk | Assorted Whole Grain Cold Cereal Fresh Fruit Cereal Bars Milk | Assorted Whole Grain Cold Cereal Fresh Fruit GoGurt Milk | Assorted Whole Grain Cold Cereal Fresh Fruit Mini Bagels Milk | Assorted Whole Grain Cold Cereal Fresh Fruit Assorted Muffins Milk | Assorted Whole Grain Cold Cereal Fresh Fruit Croissants Milk |
| Lunch: Meat or Meat Alternate Vegetable or fruit (choose 2) Enriched Bread/Bread Alternate Other (optional) Milk | Hamburger/Cheeseburger On Whole Wheat Bun Baby Carrots Apples Milk | <u>Deli Sandwich</u> Ham/Turkey/Bologna Cheese Wheat Bread Cucumbers Grapes Milk | Tuna Salad Pasta Peas Pineapple Milk | Turkey Hot Dogs On whole Wheat Bun Vegetarian Baked Beans Pears Milk | <u>Salad Bar</u> Turkey, Ham, Hard Boiled Eggs, Cheese, Lettuce Whole Wheat Roll Peaches Milk |
| Afternoon Snack: Choose a combination of any two foods from- Milk, Fruit, Fruit Juice, Vegetables, Enriched Bread/Crackers/Cookies/C ereal, Cheese, Eggs, Milk, Dessert | Yogurt Granola Fresh Fruit Water | Triscuits Oranges Water | Buttermilk Biscuits Honey or Jam Fresh Fruit Water | Sliced Vegetables Cheese Its Water | Pretzels Honey Mustard Water |

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Week of: Summer Camp Week 4

1% Milk is Served
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- Blue = Seeds

| Meal Pattern | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|
| 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 | Cheese/Pepperoni Pizza Tossed Salad Fresh Fruit Milk |
| Afternoon Snack: Choose a combination of any two foods from- Milk, Fruit, Fruit Juice, Vegetables, Enriched Bread/Crackers/Cookies/C ereal, 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 |



