

Summer Programing 2018
Breakfast & Lunch Summer Menu
June – July - August
Cedar Rapids Community School District

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|--|--|--|---|--|
| | | | | June 1 |
| <p>Ingredients & menu items are subject to change or substitution. Please consult a medical professional for assistance in planning for or treating medical conditions. List may not be all inclusive.</p> | | | | Last Day of School |
| | | | | Cycle Week 1 |
| June 4 | June 5 | June 6 | June 7 | June 8 |
| <p><u>Breakfast</u> Cereal 1oz Graham Crackers 2ea Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Chicken Patty/Bun 2M 2.5G Green Beans 1/2c Fruit Slushie 4fl oz Milk 1c</p> | <p><u>Breakfast</u> Yogurt 4oz Muffin 1oz Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Pizza Quesadilla 2M 2G Corn 1/2c Pineapple 1/2c Milk 1c</p> | <p><u>Breakfast</u> Scooby Grahams 1oz String Cheese 1oz Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Ham & Cheese Sandwich 2M 2G Fresh Celery 1/2c (x) Orange Smiles 1/2c Milk 1c</p> | <p><u>Breakfast</u> Yogurt 4oz Muffin 1oz Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Mini Corn Dogs 6ea 2M 2G (x) Mixed Vegetables 1/2c Pears 1/2c Milk 1c</p> | <p><u>Breakfast</u> Cereal 1oz Graham Crackers 2ea Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Creamy Mac & Cheese 2/3c 2M 1G Peas 1/2c Apple Slices 1/2c Milk 1c</p> |
| No Programming | | | | |
| | | | | |

Cycle Week 2

| June 11 | June 12 | June 13 | June 14 | June 15 |
|--|--|---|--|---|
| <p><u>Breakfast</u> Cereal 1oz Graham Crackers 2ea Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Fruit Parfait 2M 1/2cF Granola 1.5G Tater Tots 1/2c Cinnamon Apples 1/2c Milk 1c</p> | <p><u>Breakfast</u> Yogurt 4oz Muffin 1oz Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Rib-B-Q/Bun 2M 1.5G Baked Beans 1/2c Fruit Slushie 4fl oz Milk 1c</p> | <p><u>Breakfast</u> Scooby Grahams 1oz String Cheese 1oz Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Turkey Sub 2.5M 2G Fresh Cauliflower 1/2c Grapes 1/2c (x) Milk 1c</p> | <p><u>Breakfast</u> Yogurt 4oz Muffin 1oz Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Beef Teriyaki Dippers 4ea 2M Buttered Parmesan Noodles 1/2c Baby Carrots 1/2c (x) Mandarin Oranges 1/2c Milk 1c</p> | <p><u>Breakfast</u> <u>Breakfast</u> Cereal 1oz Graham Crackers 2ea Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Walking Taco 3M 1.5G Salsa Corn 1/2c Peaches 1/2c Milk 1c</p> |

Cycle Week 3

| June 18 | June 19 | June 20 | June 21 | June 22 |
|---|--|---|---|--|
| <p><u>Breakfast</u> Cereal 1oz Graham Crackers 2ea Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Grilled Pepperoni & Cheese 2M 2G Mixed Vegetables 1/2c Fresh Fruit 1/2c Milk 1c</p> | <p><u>Breakfast</u> Yogurt 4oz Muffin 1oz Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Chicken Nuggets 4ea 2M 1G Breadstick 1oz Broccoli 1/2c Fruit Slushie 4fl oz Milk 1c</p> | <p><u>Breakfast</u> Scooby Grahams 1oz String Cheese 1oz Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Turkey Wrap 2M 1.5G Baby Carrots 1/2c (x) Applesauce Cup 1/2c Milk 1c</p> | <p><u>Breakfast</u> Yogurt 4oz Muffin 1oz Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Pizza Round 2M 2G Peas 1/2c Orange Smiles 1/2c Milk 1c</p> | <p><u>Breakfast</u> Cereal 1oz Graham Crackers 2ea Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Cheeseburger on a Bun 2.5M 1.5G French Fries 1/2c Pineapple 1/2c Milk 1c</p> |

| Cycle Week 4 | | | | |
|---|---|---|--|--|
| June 25 | June 26 | June 27 | June 28 | June 29 |
| <p><u>Breakfast</u> Cereal 1oz Graham Crackers 2ea Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Sloppy Joe on a Bun 2.25M 1.5G Mashed Potatoes & Gravy 1/2c Mandarin Oranges 1/2c Milk 1c</p> | <p><u>Breakfast</u> Yogurt 4oz Muffin 1oz Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Popcorn Chicken Salad 2M 1G Breadstick 1oz Broccoli 1/2c Applesauce 1/2c Milk 1c</p> | <p><u>Breakfast</u> Scooby Grahams 1oz String Cheese 1oz Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Sub Sandwich 2.5M 2G Fresh Cucumber 1/2c Strawberry Cups 1/2c Milk 1c</p> | <p><u>Breakfast</u> Yogurt 4oz Muffin 1oz Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Hot Dogs on a Bun 2M 2G (x) Green Beans 1/2c Fruit Slushie 4fl oz Milk 1c</p> | <p><u>Breakfast</u> Cereal 1oz Graham Crackers 2ea Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Beef-A-Roni 2M 0.75G Breadstick 1oz Corn 1/2c Peaches 1/2c Milk 1c</p> |
| Cycle Week 1 | | | | |
| July 2 | July 3 | July 4 | July 5 | July 6 |
| <p><u>Breakfast</u> Cereal 1oz Graham Crackers 2ea Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Chicken Patty/Bun 2M 2.5G Green Beans 1/2c Fruit Slushie 4fl oz Milk 1c</p> | <p><u>Breakfast</u> Yogurt 4oz Muffin 1oz Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Pizza Quesadilla 2M 2G Corn 1/2c Pineapple 1/2c Milk 1c</p> | <p>No Programming</p> | <p>No Programming</p> | <p><u>Breakfast</u> Cereal 1oz Graham Crackers 2ea Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Creamy Mac & Cheese 2/3c 2M 1G Peas 1/2c Apple Slices 1/2c Milk 1c</p> |

Cycle Week 2

| July 9 | July 10 | July 11 | July 12 | July 13 |
|--|--|---|--|---|
| <p><u>Breakfast</u> Cereal 1oz Graham Crackers 2ea Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Fruit Parfait 2M 1/2cF Granola 1.5G Tater Tots 1/2c Cinnamon Apples 1/2c Milk 1c</p> | <p><u>Breakfast</u> Yogurt 4oz Muffin 1oz Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Rib-B-Q/Bun 2M 1.5G Baked Beans 1/2c Fruit Slushie 4fl oz Milk 1c</p> | <p><u>Breakfast</u> Scooby Grahams 1oz String Cheese 1oz Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Turkey Sub 2.5M 2G Fresh Cauliflower 1/2c Grapes 1/2c (x) Milk 1c</p> | <p><u>Breakfast</u> Yogurt 4oz Muffin 1oz Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Beef Teriyaki Dippers 4ea 2M Buttered Parmesan Noodles 1/2c Baby Carrots 1/2c (x) Mandarin Oranges 1/2c Milk 1c</p> | <p><u>Breakfast</u> <u>Breakfast</u> Cereal 1oz Graham Crackers 2ea Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Walking Taco 3M 1.5G Salsa Corn 1/2c Peaches 1/2c Milk 1c</p> |

Cycle Week 3

| July 16 | July 17 | July 18 | July 19 | July 20 |
|---|--|---|---|--|
| <p><u>Breakfast</u> Cereal 1oz Graham Crackers 2ea Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Grilled Pepperoni & Cheese 2M 2G Mixed Vegetables 1/2c Fresh Fruit 1/2c Milk 1c</p> | <p><u>Breakfast</u> Yogurt 4oz Muffin 1oz Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Chicken Nuggets 4ea 2M 1G Breadstick 1oz Broccoli 1/2c Fruit Slushie 4fl oz Milk 1c</p> | <p><u>Breakfast</u> Scooby Grahams 1oz String Cheese 1oz Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Turkey Wrap 2M 1.5G Baby Carrots 1/2c (x) Applesauce Cup 1/2c Milk 1c</p> | <p><u>Breakfast</u> Yogurt 4oz Muffin 1oz Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Pizza Round 2M 2G Peas 1/2c Orange Smiles 1/2c Milk 1c</p> | <p><u>Breakfast</u> Cereal 1oz Graham Crackers 2ea Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Cheeseburger on a Bun 2.5M 1.5G French Fries 1/2c Pineapple 1/2c Milk 1c</p> |

Cycle Week 4

| July 23 | July 24 | July 25 | July 26 | July 27 |
|---|---|---|--|--|
| <p><u>Breakfast</u> Cereal 1oz Graham Crackers 2ea Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Sloppy Joe on a Bun 2.25M 1.5G Mashed Potatoes & Gravy 1/2c Mandarin Oranges 1/2c Milk 1c</p> | <p><u>Breakfast</u> Yogurt 4oz Muffin 1oz Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Popcorn Chicken Salad 2M 1G Breadstick 1oz Broccoli 1/2c Applesauce 1/2c Milk 1c</p> | <p><u>Breakfast</u> Scooby Grahams 1oz String Cheese 1oz Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Sub Sandwich 2.5M 2G Fresh Cucumber 1/2c Strawberry Cups 1/2c Milk 1c</p> | <p><u>Breakfast</u> Yogurt 4oz Muffin 1oz Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Hot Dogs on a Bun 2M 2G (x) Green Beans 1/2c Fruit Slushie 4fl oz Milk 1c</p> | <p><u>Breakfast</u> Cereal 1oz Graham Crackers 2ea Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Beef-A-Roni 2M 0.75G Breadstick 1oz Corn 1/2c Peaches 1/2c Milk 1c</p> |

Cycle Week 1

| July 30 | July 31 | August 1 | August 2 | August 3 |
|---|--|--|--|--|
| <p><u>Breakfast</u> Cereal 1oz Graham Crackers 2ea Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Chicken Patty/Bun 2M 2.5G Green Beans 1/2c Fruit Slushie 4fl oz Milk 1c</p> | <p><u>Breakfast</u> Yogurt 4oz Muffin 1oz Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Pizza Quesadilla 2M 2G Corn 1/2c Pineapple 1/2c Milk 1c</p> | <p><u>Breakfast</u> Scooby Grahams 1oz String Cheese 1oz Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Ham & Cheese Sandwich 2M 2G Fresh Celery 1/2c (x) Orange Smiles 1/2c Milk 1c</p> | <p><u>Breakfast</u> Yogurt 4oz Muffin 1oz Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Mini Corn Dogs 6ea 2M 2G (x) Mixed Vegetables 1/2c Pears 1/2c Milk 1c</p> | <p><u>Breakfast</u> Cereal 1oz Graham Crackers 2ea Fruit 1/2c Milk 1c</p> <p><u>Lunch</u> Creamy Mac & Cheese 2/3c 2M 1G Peas 1/2c Apple Slices 1/2c Milk 1c</p> |

| Cycle Week 2 | | | | |
|--|---|--|--|--|
| August 6 | August 7 | August 8 | August 9 | August 10 |
| <u>Breakfast</u> Cereal 1oz Graham Crackers 2ea Fruit 1/2c Milk 1c <u>Lunch</u> Fruit Parfait 2M 1/2cF Granola 1.5G Tater Tots 1/2c Cinnamon Apples 1/2c Milk 1c | <u>Breakfast</u> Yogurt 4oz Muffin 1oz Fruit 1/2c Milk 1c <u>Lunch</u> Rib-B-Q/Bun 2M 1.5G Baked Beans 1/2c Fruit Slushie 4fl oz Milk 1c | <u>Breakfast</u> Scooby Grahams 1oz String Cheese 1oz Fruit 1/2c Milk 1c <u>Lunch</u> Turkey Sub 2.5M 2G Fresh Cauliflower 1/2c Grapes 1/2c (x) Milk 1c | <u>Breakfast</u> Yogurt 4oz Muffin 1oz Fruit 1/2c Milk 1c <u>Lunch</u> Beef Teriyaki Dippers 4ea 2M Buttered Parmesan Noodles 1/2c Baby Carrots 1/2c (x) Mandarin Oranges 1/2c Milk 1c | <u>Breakfast</u> <u>Breakfast</u> Cereal 1oz Graham Crackers 2ea Fruit 1/2c Milk 1c <u>Lunch</u> Walking Taco 3M 1.5G Salsa Corn 1/2c Peaches 1/2c Milk 1c |
| Cycle Week 3 | | | | |
| August 13 | August 14 | August 15 | August 16 | August 17 |
| <div style="border: 1px solid black; padding: 20px; width: fit-content; margin: auto;"> <p>No Programming</p> </div> | | | | |
| August 20 | August 21 | August 22 | August 23 | August 24 |
| <div style="border: 1px solid black; padding: 20px; width: fit-content; margin: auto;"> <p>No Programming</p> </div> | | | <h1>First Day of School</h1> | |
| August 27 | August 28 | August 29 | August 30 | August 31 |
| | | | | |