

PLEASE POST MENU IS SUBJECT TO CHANGE 6/27/2025

Connecting Kids To Meals

SFSP Menu JULY 2025 Hot (LUNCH/DINNER)

WEEK 3		Tuesday 1	Wednesday 2	Thursday 3	
PROTEIN (2oz)		Beef Hoggie patty 2oz (1) w / BBQ sauce (1)	WG Maple Turkey Pancake Wrap 2oz (1)	Chicken Taco Meat 2oz /Sour Cream 1oz (1) & Shredded Cheese 1oz (1)	
Vegetable (1/4 cup) or Fruit (1/2 Cup)		Red & green peppers Lettuce 1/2 Cup (1) w / Ranch Cup (1)	Celery Stick 1/2 Cup (3 sticks)	Lettuce 1/2 Cup (1)	
Whole Grain (1oz)		WG Cheddar sunchips 1oz (1)	WG Nacho Doritos 1oz (1)	WG Soft Tortilla Wrap 1oz (1) / WG Scooby - Doo Crackers 1oz (1)	
Fruit (3/4 or 1/2c [1])		Pear 1/2 Cup (1)	Fresh Slice Apple 1/4 Cup (1) w/Peanut Butter Cup 1oz (2)	Mixed Fruit 1/2 Cup (1)	
Chocolate (NF) Milk 8oz (1) or White 1% Milk 8oz (1)		White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)	White 1% Milk 8oz (1)	
WEEK 1	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
PROTEIN (2oz)	WG Chicken Tenders 2oz (2)	Beef Walking Taco Meat 2oz /Sour Cream 1oz (1) & Shredded Cheese 1oz (1)	WG Chicken Drumstick 2oz (1) w/ BBQ Sauce (1)	Beef Hotdog 2oz (1) / w Ketchup and Mustard (1each)	WG Galaxy Cheese Pizza 2oz (1)
Vegetable (1/4 cup) or Fruit (1/2 Cup)	Lettuce 1/2 Cup w /(Shredded Cheese garnish optional) & Ranch Cup (1)	Lettuce 1/2 Cup (1)	Carrot Coin 1/4 Cup (1) w/ Ranch Cup (1)	Potato Salad 1/2 Cup (1)	Cucumber Coin 1/2 Cup (1)
Whole Grain (1oz)	WG Giant Goldfish Cracker 1 oz (1)	WG Nacho Doritos 1oz (1)	WG Corn bread 1oz (1)	WG Hotdog Bun 1oz (1) /WG Cheez - It's Crackers 1oz (1)	WG Bug Bites Crackers 1 oz (1)
Fruit (3/4 or 1/2c [1])	Peach 1/2 Cup (1)	Mandarin Oranges 1/2 Cup (1)	Pineapple 1/2 Cup (1)	Fresh Banana 1/2 Cup (1)	Applesauce 1/2 Cup (1)
Chocolate (NF) Milk 8oz (1) or White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)	White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)	White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)
WEEK 2	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
PROTEIN (2oz)	WG Taco Sticks 2oz (1) w/ Taco Sauce (1)	WG Mac & Cheese 1oz (1) w/ Chicken mini bites 1oz (1) WG Beef Fiestada 2oz (1)	WG Chicken Biscuit 1oz (1) w/ Colby-jack cubed 1oz (1) WG Grilled Cheese 2oz (1)	Hamburger Patty 2oz (1) w/ Slice Cheese 1oz (1) w / Ketchup and Mustard (1 each)	WG Chicken Egg Roll 2oz (2) w/ Duck sauce (1)
Vegetable (1/4 cup) or Fruit (1/2 Cup)	Salsa 1/4 Cup (1)	Sugar snap peas 1/2 Cup (1)	Lettuce 1/2 Cup (1) w/ Ranch Cup (1)	Cucumber Coin 1/2 Cup (1)	Celery Stick 1/2 Cup (1) w/ Ranch Cup (1)
Whole Grain (1oz)	WG Tortilla Chip 1oz (1)	WG Cheddar Goldfish Cracker 1 oz (1)	WG Pretzels 1oz (1) WG Sweet & Spicy Doritos 1oz (1)	WG Hamburger Bun 1oz (1) / WG Cool Ranch Doritos 1oz (1)	WG Fortune Cookie 1oz (1)
Fruit (3/4 or 1/2c [1])	Fresh Mango 1/2 Cup (1)	Grapes 1/2 Cup (1)	Orange Clementine 1/4 Cup (1)	Applesauce 1/2 Cup (1)	Mandarin Oranges 1/2 Cup (1)
Chocolate (NF) Milk 8oz (1) or White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)	White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)	White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)
WEEK 3	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
PROTEIN (2oz)	WG Galaxy Turkey, Beef Pepperoni & Cheese Pizza 2oz (1)	Beef Hoggie patty 2oz (1) w / BBQ sauce (1)	WG Maple Turkey Pancake Wrap 2oz (1)	Chicken Taco Meat 2oz /Sour Cream 1oz (1) & Shredded Cheese 1oz (1)	WG Chicken ,Turkey Pepperoni & Cheese Sandwich 2oz (1)
Vegetable (1/4 cup) or Fruit (1/2 Cup)	Lettuce 1/2 Cup (1) w/ Ranch Cup (1)	Red & green peppers 1/2 Cup (1) w / Ranch Cup (1)	Celery Stick 1/2 Cup (3 sticks)	Lettuce 1/2 Cup (1)	Salsa 1/4 Cup (1)
Whole Grain (1oz)	WG Cheez - It's Cracker 1 oz (1)	WG Cheddar sunchips 1oz (1)	WG Nacho Doritos 1oz (1)	WG Soft Tortilla Wrap 1oz (1) / WG Scooby - Doo Crackers 1oz (1)	WG Tortilla Chip 1oz (1)
Fruit (3/4 or 1/2c [1])	Pineapple 1/2 Cup (1)	Pear 1/2 Cup (1)	Fresh Slice Apple 1/4 Cup (1) w/Peanut Butter Cup 1oz (2)	Mixed Fruit 1/2 Cup (1)	Honey dew fruit 1/2 Cup (1)
Chocolate (NF) Milk 8oz (1) or White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)	White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)	White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)
WEEK 1	Monday 28	Tuesday 29	Wednesday 30	Thursday 31	
PROTEIN (2oz)	WG Chicken Tenders 2oz (2)	Beef Walking Taco Meat 2oz /Sour Cream 1oz (1) & Shredded Cheese 1oz (1)	WG Chicken Drumstick 2oz (1) w/ BBQ Sauce (1)	Beef Hotdog 2oz (1) / w Ketchup and Mustard (1each)	
Vegetable (1/4 cup) or Fruit (1/2 Cup)	Lettuce 1/2 Cup w /(Shredded Cheese garnish optional) & Ranch Cup (1)	Lettuce 1/2 Cup (1)	Carrot Coin 1/4 Cup (1) w/ Ranch Cup (1)	Potato Salad 1/2 Cup (1)	
Whole Grain (1oz)	WG Giant Goldfish Cracker 1 oz (1)	WG Nacho Doritos 1oz (1)	WG Corn bread 1oz (1)	WG Hotdog Bun 1oz (1) /WG Cheez - It's Crackers 1oz (1)	
Fruit (3/4 or 1/2c [1])	Peach 1/2 Cup (1)	Mandarin Oranges 1/2 Cup (1)	Pineapple 1/2 Cup (1)	Fresh Banana 1/2 Cup (1)	
Chocolate (NF) Milk 8oz (1) or White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)	White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)	White 1% Milk 8oz (1)	

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CONNECTING KIDS TO MEALS

SFSP JULY (BREAKFAST) 2025

WEEK 2		TUESDAY 1	WEDNESDAY 2	THURSDAY 3		Saturday 5
Whole Grain 1 oz (1)		WG Apple Jack Cereal 1 oz (1)	WG Nutrigrain Blueberry Bar 1 oz (1)	WG Cocoa Puff Cereal 1 oz (1)		WG Cinnamon Toast Crunch 1oz (1)
Fruit 1/2 Cup (1)		Mandarin Orange 1/2 Cup (1)	Mixed Fruit 1/2 Cup (1)	Pear 1/2 Cup (1)		Cinnamon Applesauce 1/2 Cup (1)
White 1% Milk		White 1% Milk	White 1% Milk	White 1% Milk		White 1% Milk
WEEK 1	MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11	Saturday 12
Whole Grain 1 oz (1)	WG Cinnamon Toast Crunch 1oz (1)	WG Nutrigrain Blueberry Bar 1 oz (1)	WG Cocoa Puff Cereal 1 oz (1)	WG Strawberry Oatmeal Bar 1 oz (1)	WG Kix Cereal 1 oz (1)	WG Honey Nut Cheerios 1oz (1)
Fruit 1/2 Cup (1)	Cinnamon Applesauce 1/2 Cup (1)	Mixed Fruit 1/2 Cup (1)	Pear 1/2 Cup (1)	Peach 1/2 Cup (1)	Mandarin Orange 1/2 Cup (1)	Peach 1/2 Cup (1)
White 1% Milk	White 1% Milk	White 1% Milk	White 1% Milk	White 1% Milk	White 1% Milk	White 1% Milk
WEEK 2	MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18	Saturday 19
Whole Grain 1 oz (1)	WG Honey Nut Cheerios 1oz (1)	WG Apple Jack Cereal 1 oz (1)	WG Nutrigrain Blueberry Bar 1 oz (1)	WG Cocoa Puff Cereal 1 oz (1)	WG Apple Oatmeal Bar 1 oz (1)	WG Cinnamon Toast Crunch 1oz (1)
Fruit 1/2 Cup (1)	Peach 1/2 Cup (1)	Mandarin Orange 1/2 Cup (1)	Mixed Fruit 1/2 Cup (1)	Pear 1/2 Cup (1)	Pineapple 1/2 Cup (1)	Cinnamon Applesauce 1/2 Cup (1)
White 1% Milk	White 1% Milk	White 1% Milk	White 1% Milk	White 1% Milk	White 1% Milk	White 1% Milk
WEEK 1	MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25	Saturday 26
Whole Grain 1 oz (1)	WG Cinnamon Toast Crunch 1oz (1)	WG Nutrigrain Blueberry Bar 1 oz (1)	WG Cocoa Puff Cereal 1 oz (1)	WG Strawberry Oatmeal Bar 1 oz (1)	WG Kix Cereal 1 oz (1)	WG Honey Nut Cheerios 1oz (1)
Fruit 1/2 Cup (1)	Cinnamon Applesauce 1/2 Cup (1)	Mixed Fruit 1/2 Cup (1)	Pear 1/2 Cup (1)	Peach 1/2 Cup (1)	Mandarin Orange 1/2 Cup (1)	Peach 1/2 Cup (1)
White 1% Milk	White 1% Milk	White 1% Milk	White 1% Milk	White 1% Milk	White 1% Milk	White 1% Milk
WEEK 2	MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31		
Whole Grain 1 oz (1)	WG Honey Nut Cheerios 1oz (1)	WG Apple Jack Cereal 1 oz (1)	WG Nutrigrain Blueberry Bar 1 oz (1)	WG Cocoa Puff Cereal 1 oz (1)		
Fruit 1/2 Cup (1)	Peach 1/2 Cup (1)	Mandarin Orange 1/2 Cup (1)	Mixed Fruit 1/2 Cup (1)	Pear 1/2 Cup (1)		
White 1% Milk	White 1% Milk	White 1% Milk	White 1% Milk	White 1% Milk		

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CONNECTING KIDS TO MEALS

SFSP JULY (Snack) 2025

WEEK 2		TUESDAY 1	WEDNESDAY 2	THURSDAY 3		SATURDAY 5
Whole Grain (1) or Meat Alt (1) 1 oz		WG Nacho Doritos 1oz (1)	WG Cheez-it's Crackers 1oz (1)	WG Pretzels 1oz (1)		WG Scooby-Doo Crackers 1oz (1)
Fruit (1) or Vegetable 3/4 Cup		Apple Juice 6oz Box (1)	Orange Tangerine 6oz Box (1)	Fruit Punch 6oz Box (1)		Apple Juice 6oz Box (1)
WEEK 1	MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11	SATURDAY 12
Whole Grain (1) or Meat Alt (1) 1 oz	WG Pretzels 1oz (1)	WG Scooby-Doo Crackers 1oz (1)	WG Cheddar Goldfish Crackers 1oz (1)	WG English & Spanish Crackers 1oz (1)	WG Garden Sunchips 1oz (1)	WG Garden Sunchips 1oz (1)
Fruit (1) or Vegetable 3/4 Cup	Fruit Punch 6oz Box (1)	Apple Juice 6oz Box (1)	Orange Tangerine 6oz Box (1)	Fruit Punch 6oz Box (1)	Apple Juice 6oz Box (1)	Apple Juice 6oz Box (1)
WEEK 2	MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18	SATURDAY 19
Whole Grain (1) or Meat Alt (1) 1 oz	WG English & Spanish Crackers 1oz (1)	WG Nacho Doritos 1oz (1)	WG Cheez-it's Crackers 1oz (1)	WG Pretzels 1oz (1)	WG Scooby-Doo Crackers 1oz (1)	WG Scooby-Doo Crackers 1oz (1)
Fruit (1) or Vegetable 3/4 Cup	Fruit Punch 6oz Box (1)	Apple Juice 6oz Box (1)	Orange Tangerine 6oz Box (1)	Fruit Punch 6oz Box (1)	Apple Juice 6oz Box (1)	Apple Juice 6oz Box (1)
WEEK 1	MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25	SATURDAY 26
Whole Grain (1) or Meat Alt (1) 1 oz	WG Pretzels 1oz (1)	WG Scooby-Doo Crackers 1oz (1)	WG Cheddar Goldfish Crackers 1oz (1)	WG English & Spanish Crackers 1oz (1)	WG Garden Sunchips 1oz (1)	WG Garden Sunchips 1oz (1)
Fruit (1) or Vegetable 3/4 Cup	Fruit Punch 6oz Box (1)	Apple Juice 6oz Box (1)	Orange Tangerine 6oz Box (1)	Fruit Punch 6oz Box (1)	Apple Juice 6oz Box (1)	Apple Juice 6oz Box (1)
WEEK 2	MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31		
Whole Grain (1) or Meat Alt (1) 1 oz	WG English & Spanish Crackers 1oz (1)	WG Nacho Doritos 1oz (1)	WG Cheez-it's Crackers 1oz (1)	WG Pretzels 1oz (1)		
Fruit (1) or Vegetable 3/4 Cup	Fruit Punch 6oz Box (1)	Apple Juice 6oz Box (1)	Orange Tangerine 6oz Box (1)	Fruit Punch 6oz Box (1)		

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SFSP Cold / Field Trip Meal JULY 2025

Week 2		Tuesday 1	Wednesday 2	Thursday 3	
Protein (2oz)		WG Strawberry P.B.J 1oz (1),w/ String Cheese 1oz (1)	WG Italian Sandwich (Turkey Ham,Turkey Pepperoni,Turkey Salami & Cheese) 2oz (1)	Hawaiian Turkey & Cheese 1oz on WG Bun (1)/String Cheese 1oz (1)	
Vegetable or Fruit (1/4 Cup or 1/2 cup)		Vegetable Juice 1/2 Cup (1)	Orange Craisin 1/2 Cup (1)	Vegetable Juice 1/2 Cup (1)	
Whole Grain (1oz)		WG Tortilla Chip 1oz (1)	WG Cool Ranch Doritos 1oz (1)	WG English & Spanish Crackers 1oz (1)	
Fruit (1/4c-1/2c)		Applesauce 1/2 Cup (1)	Mandarin Oranges 1/2 Cup (1)	Mixed Fruit 1/2 Cup (1)	
Chocolate (NF) Milk 8oz (1) or White 1% Milk 8oz (1)		White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)	White 1% Milk 8oz (1)	
Week 1	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
Protein (2oz)	WG Italian Sandwich (Turkey Ham,Turkey Pepperoni,Turkey Salami & Cheese) 2oz (1)	Hawaiian Turkey & Cheese 1oz on WG Bun (1)/String Cheese 1oz (1)	WG Chicken ,Turkey Pepperoni & Cheese Sandwich 2oz (1)	WG Strawberry P.B.J 1oz (1),w/ String Cheese 1oz (1)	WG Italian Sandwich (Turkey Ham,Turkey Pepperoni,Turkey Salami & Cheese) 2oz (1)
Vegetable or Fruit (1/4 Cup or 1/2 cup)	Orange Craisin 1/2 Cup (1)	Vegetable Juice 1/2 Cup (1)	Peach 1/2 Cup (1)	Vegetable Juice 1/2 Cup (1)	Orange Craisin 1/2 Cup (1)
Whole Grain (1oz)	WG Cool Ranch Doritos 1oz (1)	WG English & Spanish Crackers 1oz (1)	WG Cheddar Goldfish 1oz (1)	WG Tortilla Chip 1oz (1)	WG Cool Ranch Doritos 1oz (1)
Fruit (1/4c-1/2c)	Mandarin Oranges 1/2 Cup (1)	Mixed Fruit 1/2 Cup (1)	Pear 1/2 Cup (1)	Applesauce 1/2 Cup (1)	Mandarin Oranges 1/2 Cup (1)
Chocolate (NF) Milk 8oz (1) or White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)	White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)	White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)
Week 2	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
Protein (2oz)	WG Chicken ,Turkey Pepperoni & Cheese Sandwich 2oz (1)	WG Strawberry P.B.J 1oz (1),w/ String Cheese 1oz (1)	WG Italian Sandwich (Turkey Ham,Turkey Pepperoni,Turkey Salami & Cheese) 2oz (1)	Hawaiian Turkey & Cheese 1oz on WG Bun (1)/String Cheese 1oz (1)	WG Chicken ,Turkey Pepperoni & Cheese Sandwich 2oz (1)
Vegetable or Fruit (1/4 Cup or 1/2 cup)	Peach 1/2 Cup (1)	Vegetable Juice 1/2 Cup (1)	Orange Craisin 1/2 Cup (1)	Vegetable Juice 1/2 Cup (1)	Peach 1/2 Cup (1)
Whole Grain (1oz)	WG Cheddar Goldfish 1oz (1)	WG Tortilla Chip 1oz (1)	WG Cool Ranch Doritos 1oz (1)	WG English & Spanish Crackers 1oz (1)	WG Cheddar Goldfish 1oz (1)
Fruit (1/4c-1/2c)	Pear 1/2 Cup (1)	Applesauce 1/2 Cup (1)	Mandarin Oranges 1/2 Cup (1)	Mixed Fruit 1/2 Cup (1)	Pear 1/2 Cup (1)
Chocolate (NF) Milk 8oz (1) or White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)	White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)	White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)
Week 1	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
Protein (2oz)	WG Italian Sandwich (Turkey Ham,Turkey Pepperoni,Turkey Salami & Cheese) 2oz (1)	Hawaiian Turkey & Cheese 1oz on WG Bun (1)/String Cheese 1oz (1)	WG Chicken ,Turkey Pepperoni & Cheese Sandwich 2oz (1)	WG Strawberry P.B.J 1oz (1),w/ String Cheese 1oz (1)	WG Italian Sandwich (Turkey Ham,Turkey Pepperoni,Turkey Salami & Cheese) 2oz (1)
Vegetable or Fruit (1/4 Cup or 1/2 cup)	Orange Craisin 1/2 Cup (1)	Vegetable Juice 1/2 Cup (1)	Peach 1/2 Cup (1)	Vegetable Juice 1/2 Cup (1)	Orange Craisin 1/2 Cup (1)
Whole Grain (1oz)	WG Cool Ranch Doritos 1oz (1)	WG English & Spanish Crackers 1oz (1)	WG Cheddar Goldfish 1oz (1)	WG Tortilla Chip 1oz (1)	WG Cool Ranch Doritos 1oz (1)
Fruit (1/4c-1/2c)	Mandarin Oranges 1/2 Cup (1)	Mixed Fruit 1/2 Cup (1)	Pear 1/2 Cup (1)	Applesauce 1/2 Cup (1)	Mandarin Oranges 1/2 Cup (1)
Chocolate (NF) Milk 8oz (1) or White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)	White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)	White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)
Week 2	Monday 28	Tuesday 29	Wednesday 30	Thursday 31	
Protein (2oz)	WG Chicken ,Turkey Pepperoni & Cheese Sandwich 2oz (1)	WG Strawberry P.B.J 1oz (1),w/ String Cheese 1oz (1)	WG Italian Sandwich (Turkey Ham,Turkey Pepperoni,Turkey Salami & Cheese) 2oz (1)	Hawaiian Turkey & Cheese 1oz on WG Bun (1)/String Cheese 1oz (1)	
Vegetable or Fruit (1/4 Cup or 1/2 cup)	Peach 1/2 Cup (1)	Vegetable Juice 1/2 Cup (1)	Orange Craisin 1/2 Cup (1)	Vegetable Juice 1/2 Cup (1)	
Whole Grain (1oz)	WG Cheddar Goldfish 1oz (1)	WG Tortilla Chip 1oz (1)	WG Cool Ranch Doritos 1oz (1)	WG English & Spanish Crackers 1oz (1)	
Fruit (1/4c-1/2c)	Pear 1/2 Cup (1)	Applesauce 1/2 Cup (1)	Mandarin Oranges 1/2 Cup (1)	Mixed Fruit 1/2 Cup (1)	
Chocolate (NF) Milk 8oz (1) or White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)	White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)	White 1% Milk 8oz (1)	

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