

**Summer Food Service Program
Cold Meals - Sample 3-Week Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Sandwich</i> Turkey Ham Lowfat Swiss Cheese Lettuce/Tomato Lowfat Mayonnaise/Mustard White Bread Orange Segments Lowfat Chocolate Milk	Chicken Salad Roll Apple Carrot Sticks Lowfat Ranch Dip Lowfat Chocolate Milk	Peanut Butter Jelly Graham Crackers Banana Apple Juice Lowfat White Milk	Pizza - extra cheese or sausage (served cold or hot) Salad Lowfat Italian Dressing Raisins Lowfat Chocolate Milk	<i>Munchables</i> Tuna Salad Crackers Carrot Sticks Lowfat Ranch Dip Apple Juice Lowfat White Milk
<i>Sandwich</i> Turkey Lowfat Mayonnaise/Mustard Wheat Bread Salad Lowfat Italian Dressing Pear Lowfat Chocolate Milk	Taco Salad Tortilla Beef Cheese Salsa Lettuce Tomato Pear Lowfat White Milk	<i>Munchables</i> Ham Lowfat Swiss Cheese Crackers Celery Sticks Lowfat Ranch Dip Apple Lowfat White Milk	<i>Sandwich</i> Chicken Roll Lowfat Mayonnaise/Mustard Wheat Bread Salad Lowfat Italian Dressing Orange Segments Lowfat Chocolate Milk	Tuna Salad Pita Bread Carrot Sticks Lowfat Ranch Dip Pear Lowfat Chocolate Milk
Pizza - extra cheese or sausage (served cold or hot) Salad Lowfat Italian Dressing Orange Segments Lowfat Chocolate Milk	<i>Munchables</i> Lowfat American Cheese Turkey Crackers Celery Sticks Lowfat Ranch Dip Apple Juice Lowfat White Milk	Peanut Butter Jelly White Bread Yogurt Raisins Banana Lowfat Chocolate Milk	Nachos Cheese Salsa Apple Lowfat Chocolate Milk	<i>Submarine Sandwich</i> Salami Lowfat American Cheese Lettuce/Tomato Lowfat Mayonnaise/Mustard Roll Apple Lowfat White Milk

Note: This menu does not include quantities. It is the sponsor's responsibility to ensure quantity requirements are met. For example, if the cheese used with Nachos is a "Cheese Food", 4 ounces of cheese would be needed for a 2 ounce serving. (See Food Buying Guide). If an item is not listed in the Food Buying Guide (e.g. salami), check with your vendor or manufacturer to obtain product information to ensure a large enough portion is served to meet the quantity requirements.