

Gleaners SFSP Menu A2-Lunch/Dinner 2020-21

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Chicken Salad and Crackers		Black Bean Tacos		Peanut Butter And Jelly Wrap		Pasta with Tomato Sauce		Tuna Salad Wrap	
Grain	1 oz grain equivalent whole grain crackers	Grain	1- 6 in whole grain tortilla	Grain	1 -6 in whole grain tortilla	Grain	1/2 c whole grain pasta	Grain	1- 6 in whole grain tortilla
M/MA	2 oz canned chicken	M/MA	1/4 c black beans and 1 oz cheese	M/MA	4 Tbs. peanut butter	M/MA	2 oz canned chicken	M/MA	2 oz canned tuna
Fruit	1/4 c Applesauce	Fruit	1/4 c Mixed Fruit	Fruit	1/4 c canned peaches	Fruit	1/4 c Mixed Fruit	Fruit	1/4 c Applesauce
Vegetable	1/2 c canned peas	Vegetable	1/4 c salsa, 1/4 c diced tomatoes	Vegetable	1/2 c green beans	Vegetable	1/2 c tomato/marinara sauce	Vegetable	1/2 c canned mixed vegetables
Milk	8 fl oz 1% Unflavored Milk	Milk	8 fl oz 1% Unflavored Milk	Milk	8 fl oz 1% Unflavored Milk	Milk	8 fl oz 1% Unflavored Milk	Milk	8 fl oz 1% Unflavored Milk
Other	1 packet low-fat mayonaise			Other	1 packet jelly			Other	1 packet low-fat mayonaise
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Cheesy Chicken and Rice		Bean and Cheese Quesadilla		Chicken Salad Wrap		Flatbread Pizza		Burrito Bowl	
Grain	1/2 c brown rice	Grain	1- 6in whole grain tortilla	Grain	1- 6in whole grain tortilla	Grain	1- 6in whole grain tortilla	Grain	1/2 c brown rice
M/MA	2 oz canned chicken, 1 oz cheese	M/MA	2 oz cheese	M/MA	2 oz canned chicken	M/MA	2 oz cheese	M/MA	1/2 c black beans
Fruit	1/4 c canned peaches	Fruit	1/4 c mixed fruit	Fruit	1/4 c canned peaches	Fruit	1/4 c canned peaches	Fruit	1/4 c applesauce
Vegetable	1/2 c canned peas	Vegetable	1/4 c black beans, 1/4 c corn	Vegetable	1/2 c mixed vegetables	Vegetable	1/4 c tomato/marinara sauce, 1/4 cup mixed vegetables	Vegetable	1/4 c salsa, 1/4 c corn
Milk	8 fl oz 1% unflavored Milk	Milk	8 fl oz 1% unflavored Milk	Milk	8 fl oz 1% unflavored Milk	Milk	8 fl oz 1% Unflavored Milk	Milk	8 fl oz 1% unflavored milk
		Other	1/4 c salsa	Other	1 packet mayo, 2 oz cheese				

Gleaners SFSP Breakfast Menu A2 2020-21

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Oatmeal & Raisins		Cereal		Oatmeal & Mixed Fruit		Cereal		Oatmeal	
Grain	1/2 c Oatmeal	Grain	1 1/4 c cereal	Grain	1/2 c Oatmeal	Grain	1 1/4 c cereal	Grain	1/2 c Oatmeal
Fruit/Vegetables	1/8 c raisins	Fruit	1/2 c Applesauce	Fruit	1/2 c Mixed fruit	Fruit	1/2 c canned pears	Fruit	1/2 c apple sauce
Milk	1% Unflavored Milk	Milk	1% Unflavored Milk	Milk	1% Unflavored Milk	Milk	1% Unflavored Milk	Milk	1% Unflavored Milk
MONDAY									
Cereal									
Grain	1 1/4 c cereal								
Fruit	1/2 c canned peaches								
Milk	1% unflavored milk								

This institution is an equal opportunity provider