



7-Day Box
FLIPANY Summer Menu



BREAKFAST MENU						
MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6	MEAL 7
Cereal Bowl Fresh Fruit	Breakfast Roll & Jelly 100% Fruit Juice	Cereal Bowl Fresh Fruit	Fruit Muffin 100% Fruit Juice	Cereal Bowl Fresh Fruit	Bagel & Jelly 100% Fruit Juice	Cereal Bowl Fresh Fruit
FRESH & REHEATABLE LUNCH MENU CYCLE 1						
MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6	MEAL 7
½ Turkey & Cheese Sandwich Carrot/Celery Slims Applesauce Mayonnaise & Mustard	Tuna Salad Bun Cabbage, Cucumber Tomato Salad Peaches French Dressing	½ Turkey-Ham Cheese Sub Roll Lettuce & Tomato Pears Mayonnaise & Mustard	Flatbread with Marinara Chicken Broccoli/Cauliflower Florets Ranch Dressing Pineapple Tidbits	Beef-a-Roni with Pasta Mixed Vegetable Peaches	Chicken Arroz con Pollo Brown Rice Peas & Peppers Plantains	Hamburger on Bun Tater Puffs Green Beans
FRESH & REHEATABLE LUNCH MENU CYCLE 2						
MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6	MEAL 7
Turkey & Cheese Tortilla Rollup Carrot/Celery Slims Applesauce Mayonnaise & Mustard	Egg Salad Bun Cabbage, Cucumber, Tomato Salad Peaches French Dressing	½ Beef Bologna & Cheese Sub Roll Lettuce & Tomato Pears Mayonnaise & Mustard	Flatbread with Sweet & Sour Chicken Broccoli/Cauliflower Florets Ranch Dressing Pineapple Tidbits	Macaroni & Cheese Pasta Spinach/Stewed Tomatoes Peaches	Salisbury Steak WG Roll Mashed Potatoes & Peas Plantains	Chicken Patty on Bun Tater Puffs Kernel Corn
FRESH & REHEATABLE LUNCH MENU CYCLE 3						
MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6	MEAL 7
½ Turkey & Cheese Sandwich Carrot/Celery Slims Applesauce Mayonnaise & Mustard	Chicken Salad Bun Cabbage, Cucumber, Tomato Salad Peaches French Dressing	½ Beef Pepperoni & Cheese Sub Roll Lettuce & Tomato Pears Mayonnaise & Mustard	Flatbread with Buffalo Chicken Broccoli/Cauliflower Florets Ranch Dressing Pineapple Tidbits	Baked Ziti Pasta Mixed Vegetables Peaches	Meatloaf WG Roll Mashed Potatoes & Corn Plantains	Hamburger on Bun Tater Puffs Green Beans

All meals served with white or chocolate milk.

Meals shown for days 1-4 are fresh.

Meals shown for days 5-7 are frozen reheatable.