

# MO's Harvest of the Season – Summer Menu

Cucumber, bell pepper, green beans, cantaloupe, peaches, summer squash

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>					
Fluid Milk	*1% or fat-free	1% or fat-free	1% or fat-free	1% or fat-free	1% or fat-free
Fruit, or Vegetable	Banana smiles	Fresh peach slices	Fresh blueberries	Pineapple tidbits	Fresh peaches
Grain/Bread	WG English muffin	<b>Homemade granola</b>	Kix® cereal		Chex® cereal
Meat or Meat Alternate		Vanilla yogurt parfait		Cottage cheese	
Other Foods	Nut butter spread				
<b>LUNCH</b>					
Fluid Milk	1% or fat-free	1% or fat-free	1% or fat-free	1% or fat-free	1% or fat-free
Fruit or Vegetable	<b>Cucumber Tomato Salad</b>	Fresh green beans	Soft taco	Saucy Baked Beans	Apple slices
Fruit or Vegetable	Watermelon wedge	Corn on the cob	Diced fresh tomatoes & shredded lettuce	Baked sweet potato fries	Carrot sticks
Grain/Bread	WG bread	WG roll	WG soft tortilla	WG bun	Hot dog bun
Meat or Meat Alternate	Turkey & cheese sandwich	BBQ chicken	Ground beef taco meat	Sloppy Turkey Joe	Sunflower nut butter & banana sandwich
Other Foods			Salsa, shredded cheese for topping tacos		String cheese
<b>SNACK – Select 2 of the 4 components</b>					
Fluid Milk	1% or fat-free		1% or fat-free		
Fruit, or Vegetable	Red bell pepper strips	Fresh cantaloupe chunks	Summer squash (zucchini & yellow squash) sticks	Grape halves	Frozen fruit cup
Vegetable					
Grain/Bread		<b>Just for Kicks Snack Mix</b>			WG crackers
Meat or Meat Alternate	<b>Deviled egg</b>			Cheese cubes	
Other Foods	Water	Water	<b>White beans ranch dip</b>	Water	Water

**Menu Guide:**

WG = whole grain served at least once per day

Yogurt must contain no more than 23 grams of sugar per 6 ounces

Cereal no more than 6 grams of sugar per ounce

**BOLD** = recipe provided on: [www.health.mo.gov/growingwithMO](http://www.health.mo.gov/growingwithMO)