

# SUMMER CAFE MENU

2026

## BREAKFAST

	CAL	CARB		CAL	CARB		CAL	CARB		CAL	CARB			
Mini Pancakes w/ Syrup	210	35	Beef & Cheese Spicy Breakfast Taco	334	32	4oz Yogurt	80	15	Cinnamon WG Roll	242	38	Turkey Sausage Egg & Cheese Pocket Sandwich	200	25
Yogurt 4 oz	80	15	Peach Cup	82	19	Granola	220	47	Cheese Cubes	90	1	Apple Juice	60	8
Apple Juice	60	14				Orange Juice	34	9	Peach Cup	82	19			

**Alternate Meals: Blueberry Chex, 4.5oz Applesauce Cup, 1/2c Juice, and Milk**

## LUNCH

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
DATE	CAL	CARB	DATE	CAL	CARB	DATE	CAL	CARB	DATE	CAL	CARB	DATE	CAL	CARB
<b>06/29</b>			<b>06/30</b>			<b>07/01</b>			<b>07/02</b>			<b>07/03</b>		
Cheese Crunchers	426	42	Roasted Chicken Drumstick w/ WG Dinner Roll	280	6	Mini Chicken Corn Dogs	263	22	Cheese WG Pizza	320	36	<b>HOLIDAY SCHOOLS &amp; OFFICES CLOSED</b>		
Marinara Cup	40	7	Crinkle Cut Potatoes	50	7	Razz-a-Dazzle Veggie Slush	60	15	Side Salad w/ Ranch	142	1			
Baby Carrots w/ Ranch	142	1	Fresh Fruit	20-127	7-33	Fresh Fruit	20-127	7-33	Fresh Fruit	20-127	7-33			
Applesauce Cup	60	15												
<b>07/06</b>			<b>07/07</b>			<b>07/08</b>			<b>07/09</b>			<b>07/10</b>		
Chicken Patty on WG Bun	342	36	Cheesy Pull Aparts	303	36	Mini Chicken Corn Dogs	263	22	Cheese WG Pizza	320	36	Beef & Cheese Taco Crisp	362	24
Baby Carrots w/ Ranch	30	7	Marinara Cup	40	7	Celery Sticks & Grape Tomatoes w/ Ranch	142	1	Razz-a-Dazzle Veggie Slush	60	15	Ups	25	5
Applesauce Cup	142	1	Fresh Fruit	20-127	7-33	Fresh Fruit	20-127	7-33	Fresh Fruit	20-127	7-33	Salsa Cup	6	1
	60	15	Crinkle Cut Potatoes	50	7							Cucumber Coins	20-127	7-33
<b>07/13</b>			<b>07/14</b>			<b>07/15</b>			<b>07/16</b>			<b>07/17</b>		
Cheese Crunchers	426	42	Roasted Chicken Drumstick w/ WG Dinner Roll	280	6	Mini Chicken Corn Dogs	263	22	Cheese WG Pizza	320	36	Hamburger/Cheeseburger on WG Bun	291-326	28-29
Marinara Cup	40	7	Crinkle Cut Potatoes	50	7	Razz-a-Dazzle Veggie Slush	60	15	Side Salad w/ Ranch	142	1	Celery Stick & Grape Tomatoes w/ Ranch	142	1
Baby Carrots w/ Ranch	142	1	Fresh Fruit	20-127	7-33	Fresh Fruit	20-127	7-33	Fresh Fruit	20-127	7-33	Fresh Fruit	20-127	7-33
Applesauce Cup	60	15												
<b>07/20</b>			<b>07/21</b>			<b>07/22</b>			<b>07/23</b>			<b>07/24</b>		
Chicken Patty on WG Bun	342	36	Cheesy Pull Aparts	303	36	Mini Chicken Corn Dogs	263	22	Cheese WG Pizza	320	36	Beef & Cheese Taco Crisp	362	24
Baby Carrots w/ Ranch	30	7	Marinara Cup	40	7	Celery Sticks & Grape Tomatoes w/ Ranch	142	1	Razz-a-Dazzle Veggie Slush	60	15	Ups	25	5
Applesauce Cup	142	1	Fresh Fruit	20-127	7-33	Fresh Fruit	20-127	7-33	Fresh Fruit	20-127	7-33	Salsa Cup	6	1
	60	15	Crinkle Cut Potatoes	50	7							Cucumber Coins	20-127	7-33
<b>07/27</b>			<b>07/28</b>			<b>07/29</b>			<b>07/30</b>			<b>07/31</b>		
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Applesauce Cup	60	15												
<b>08/03</b>			<b>08/04</b>			<b>08/05</b>			<b>08/06</b>			<b>08/07</b>		
Chicken Patty on WG Bun	342	36	Cheesy Pull Aparts	303	36	Mini Chicken Corn Dogs	263	22	Cheese WG Pizza	320	36	Beef & Cheese Taco Crisp	362	24
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Applesauce Cup	142	1	Fresh Fruit	20-127	7-33	Fresh Fruit	20-127	7-33	Fresh Fruit	20-127	7-33	Salsa Cup	6	1
	60	15	Crinkle Cut Potatoes	50	7							Cucumber Coins	20-127	7-33

## ALTERNATE VEGETARIAN ITEMS (served with 1/2c Veg, 1/2c Fruit or Juice, Milk)

Chik'n Nuggets<sup>v</sup> w/ Scoops (323 cal/42 g carb) Peanut Butter & Jelly WG Uncrustable Sandwich<sup>v</sup> (591 cal/64 g carb)  
Meatless, Gluten/Wheat Free: (2)-Hummus Cups<sup>v</sup> (220 cal/36 g carbs) or (2)-Cheese Cubes (180 cal/2 g carbs) w/ WG Tostito Scoops (110 cal/19 g carbs), Salsa Cup (25cal/5 g carbs)

Menu Key: Cal = Calories Carb = Carbohydrates <sup>v</sup> = Vegan WG = Whole Grain No Pork Products

Assorted fruit and milk are available at every meal.

FRUIT: Calories 20-127 Carbs 7-33 MILK: Calories 90-120 Carbs 13-20 LACTOSE-FREE MILK: Calories 90 Carbs 13

Standard Calorie/Carb Counts for Bread/Grains (calories/grams)

WG Hamburger Bun: 140 / 27 Dinner Roll: 78/15 Scoops: 110 / 19  
Blueberry Chex Cereal: 240 / 46 Honey Cheerios Cereal: 210 / 44