Spokane Public Schools

Summer Food Service Menu 2020



Menu is subject to change. This institution is an equal opportunity provider.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
| 22-Jun | 23-Jun | 24-Jun | 25-Jun | 26-Jun |
| BeneFIT Bar | Cereal and Muffin | Bagel with Cream Cheese | Cereal with Muffin | BeneFIT Bar |
| Apple Sauce Cup | Juice | Fruit Cup | Juice | Apple Sauce Cup |
| Milk | Milk | Milk | Milk | Milk |
| Turkey and Cheese Sandwich | Chicken Sandwich | | Mozzarella Pocket w/ Sauce | Yogurt Lunch |
| • | | 100% Beef Hamburger | - | • |
| Sunbutter and Jelly Sandwich | Sunbutter and Jelly Sandwich | Sunbutter and Jelly Sandwich | Sunbutter and Jelly Sandwich | Sunbutter and Jelly Sandw |
| Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| Baby Carrots with Ranch | Fruit Cup | Fresh Veggies with Ranch | Fruit Cup | Fresh Veggies with Ranc |
| Milk | Milk | Milk | Milk | Milk |
| | | | | Fat Cat Chocolate Chip Coo |
| 29-Jun | 30-Jun | 1-Jul | 2-Jul | 3-Jul |
| BeneFIT Bar | Cereal and Muffin | Bagel with Cream Cheese | Cereal with Muffin | |
| | Juice | - | Juice | HOLIDAY OBSERVED |
| Apple Sauce Cup | | Fruit Cup | | HOLIDAT OBSERVED |
| Milk | Milk | Milk | Milk | |
| Chicken Drumstick | 100 % Beef Hot Dog | 100% Beef Hamburger | Bean and Cheese Burrito | |
| Sunbutter and Jelly Sandwich | Sunbutter and Jelly Sandwich | Sunbutter and Jelly Sandwich | Sunbutter and Jelly Sandwich | |
| | | | | Happy Independence Da |
| Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | |
| Baby Carrots with Ranch | Fruit Cup | Fresh Veggies with Ranch | Fruit Cup | |
| Milk | Milk | Milk | Milk | |
| IVIIIK | IVIIK | IVIII K | | |
| | 7.1.1 | 0.1.1 | Marshmallow Crispy Treat | 40.1.1 |
| 6-Jul | 7-Jul | 8-Jul | 9-Jul | 10-Jul |
| BeneFIT Bar | Cereal and Muffin | Bagel with Cream Cheese | Cereal with Muffin | BeneFIT Bar |
| Apple Sauce Cup | Juice | Fruit Cup | Juice | Apple Sauce Cup |
| Milk | Milk | Milk | Milk | Milk |
| Turkey and Cheese Sandwich | Chicken Sandwich | 100% Beef Hamburger | Mozzarella Pocket w/ Sauce | Yogurt Lunch |
| Sunbutter and Jelly Sandwich | Sunbutter and Jelly Sandwich | Sunbutter and Jelly Sandwich | Sunbutter and Jelly Sandwich | Sunbutter and Jelly Sandw |
| Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| Baby Carrots with Ranch | Fruit Cup | Fresh Veggies with Ranch | Fruit Cup | Fresh Veggies with Ranc |
| Milk | Milk | Milk | Milk | Milk |
| WIIK | IVIIK | WIIK | WIIK | |
| | 1 | 1 | | Fat Cat Chocolate Chip Coc |
| 12_lul | 1 <i>4</i> _1ul | 15_1 | 16 Jul | 17_1.1 |
| 13-Jul | 14-Jul | 15-Jul Bagel with Gream Chaese | 16-Jul | 17-Jul |
| BeneFIT Bar | Cereal and Muffin | Bagel with Cream Cheese | Cereal with Muffin | BeneFIT Bar |
| BeneFIT Bar Apple Sauce Cup | Cereal and Muffin Juice | Bagel with Cream Cheese Fruit Cup | Cereal with Muffin Juice | BeneFIT Bar Apple Sauce Cup |
| BeneFIT Bar | Cereal and Muffin | Bagel with Cream Cheese | Cereal with Muffin | BeneFIT Bar |
| BeneFIT Bar Apple Sauce Cup | Cereal and Muffin Juice Milk | Bagel with Cream Cheese Fruit Cup Milk | Cereal with Muffin Juice | BeneFIT Bar Apple Sauce Cup Milk |
| BeneFIT Bar Apple Sauce Cup Milk Chicken Drumstick | Cereal and Muffin Juice | Bagel with Cream Cheese Fruit Cup | Cereal with Muffin Juice Milk | BeneFIT Bar Apple Sauce Cup Milk Jack Links Chicken Bites Mea |
| BeneFIT Bar Apple Sauce Cup Milk Chicken Drumstick Sunbutter and Jelly Sandwich | Cereal and Muffin Juice Milk 100 % Beef Hot Dog Sunbutter and Jelly Sandwich | Bagel with Cream Cheese Fruit Cup Milk 100% Beef Hamburger Sunbutter and Jelly Sandwich | Cereal with Muffin Juice Milk Bean and Cheese Burrito Sunbutter and Jelly Sandwich | BeneFIT Bar Apple Sauce Cup Milk Jack Links Chicken Bites Mea |
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| BeneFIT Bar Apple Sauce Cup Milk Chicken Drumstick Sunbutter and Jelly Sandwich Fresh Fruit Baby Carrots with Ranch Milk 20-Jul BeneFIT Bar Apple Sauce Cup Milk Turkey and Cheese Sandwich Sunbutter and Jelly Sandwich Fresh Fruit Baby Carrots with Ranch Milk 27-Jul BeneFIT Bar Apple Sauce Cup Milk Chicken Drumstick Sunbutter and Jelly Sandwich Fresh Fruit | Cereal and Muffin Juice Milk 100 % Beef Hot Dog Sunbutter and Jelly Sandwich Fresh Fruit Fruit Cup Milk Cereal and Muffin Juice Milk Chicken Sandwich Sunbutter and Jelly Sandwich Fresh Fruit Fruit Cup Milk 28-Jul Cereal and Muffin Juice Milk 100 % Beef Hot Dog Sunbutter and Jelly Sandwich Fresh Fruit | Bagel with Cream Cheese Fruit Cup Milk 100% Beef Hamburger Sunbutter and Jelly Sandwich Fresh Fruit Fresh Fruit Fresh Veggies with Ranch Milk 22-Jul Bagel with Cream Cheese Fruit Cup Milk 100% Beef Hamburger Sunbutter and Jelly Sandwich Fresh Fruit Fresh Fruit Fresh Veggies with Ranch Milk 29-Jul Bagel with Cream Cheese Fruit Cup Milk 100% Beef Hamburger Sunbutter and Jelly Sandwich Milk 100% Beef Hamburger Sunbutter and Jelly Sandwich Fresh Fruit Cup Milk | Cereal with Muffin Juice Milk Bean and Cheese Burrito Sunbutter and Jelly Sandwich Fresh Fruit Fruit Cup Milk Marshmallow Crispy Treat 23-Jul Cereal with Muffin Juice Milk Mozzarella Pocket w/ Sauce Sunbutter and Jelly Sandwich Fresh Fruit Fruit Cup Milk 30-Jul Cereal with Muffin Juice Milk Bean and Cheese Burrito Sunbutter and Jelly Sandwich Fresh Fruit | BeneFIT Bar Apple Sauce Cup Milk Jack Links Chicken Bites Mea Sunbutter and Jelly Sandw Milk 24-Jul BeneFIT Bar Apple Sauce Cup Milk Yogurt Lunch Sunbutter and Jelly Sandw Fresh Fruit Fresh Veggies with Ranch Milk Fat Cat Chocolate Chip Coo 31-Jul BeneFIT Bar Apple Sauce Cup |

| 3-Aug | 4-Aug | 5-Aug | 6-Aug | 7-Aug |
|------------------------------|------------------------------|------------------------------|------------------------------|-----------------------------------|
| BeneFIT Bar | Cereal and Muffin | Bagel with Cream Cheese | Cereal with Muffin | BeneFIT Bar |
| Apple Sauce Cup | Juice | Fruit Cup | Juice | Apple Sauce Cup |
| Milk | Milk | Milk | Milk | Milk |
| Turkey and Cheese Sandwich | Chicken Sandwich | 100% Beef Hamburger | Mozzarella Pocket w/ Sauce | Yogurt Lunch |
| Sunbutter and Jelly Sandwich |
| Fresh Fruit |
| Baby Carrots with Ranch | Fruit Cup | Fresh Veggies with Ranch | Fruit Cup | Fresh Veggies with Ranch |
| Milk | Milk | Milk | Milk | Milk |
| | | | | Fat Cat Chocolate Chip Cookie |
| 10-Aug | 11-Aug | 12-Aug | 13-Aug | 14-Aug |
| BeneFIT Bar | Cereal and Muffin | Bagel with Cream Cheese | Cereal with Muffin | BeneFIT Bar |
| Apple Sauce Cup | Juice | Fruit Cup | Juice | Apple Sauce Cup |
| Milk | Milk | Milk | Milk | Milk |
| Chicken Drumstick | 100 % Beef Hot Dog | 100% Beef Hamburger | Bean and Cheese Burrito | Jack Links Chicken Bites Meal Kit |
| Sunbutter and Jelly Sandwich |
| Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | |
| Baby Carrots with Ranch | Fruit Cup | Fresh Veggies with Ranch | Fruit Cup | |
| Milk | Milk | Milk | Milk | Milk |
| | | | Marshmallow Crispy Treat | |
| 17-Aug | 18-Aug | 19-Aug | 20-Aug | 21-Aug |
| BeneFIT Bar | Cereal and Muffin | Bagel with Cream Cheese | Cereal with Muffin | BeneFIT Bar |
| Apple Sauce Cup | Juice | Fruit Cup | Juice | Apple Sauce Cup |
| Milk | Milk | Milk | Milk | Milk |
| Turkey and Cheese Sandwich | Chicken Sandwich | 100% Beef Hamburger | Mozzarella Pocket w/ Sauce | Yogurt Lunch |
| Sunbutter and Jelly Sandwich |
| Fresh Fruit |
| Baby Carrots with Ranch | Fruit Cup | Fresh Veggies with Ranch | Fruit Cup | Fresh Veggies with Ranch |
| Milk | Milk | Milk | Milk | Milk |
| | | | | Fat Cat Chocolate Chip Cookie |

Field Trip Meals

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------|----------------------------|------------------------------|---------------------------------|-------------------------------|
| BeneFIT Bar | Cereal and Muffin | Bagel with Cream Cheese | Cereal with Muffin | BeneFIT Bar |
| Apple Sauce Cup | Juice | Fruit Cup | Juice | Apple Sauce Cup |
| Milk | Milk | Milk | Milk | Milk |
| Jack Links Chicken Bites | Turkey and Cheese Sandwich | Sunbutter and Jelly Sandwich | Turkey Stick Meal Kit- ES Foods | Yogurt and String Cheese |
| Sunflower Seeds | | String Cheese | | Whole Grain Crackers |
| Whole Grain Treat | Fresh Fruit | Fresh Fruit | | Fat Cat Chocolate Chip Cookie |
| Fruit Cup | Fruit Cup | Fresh Veggies with Ranch | | Fresh Fruit |
| Raisins/Dried Fruit | Milk | Milk | Milk | Fresh Veggies with Ranch |
| Milk | | | | Milk |

This institution is an equal opportunity provider.