

2025 SFSP Menu

Day 1

Breakfast		Lunch		Notes
Cold Cereal	1.5 oz cold cereal	Baked Teriyaki Chicken	2.0 ounce chicken	Iowa DOE Recipe
Fresh Fruit*	1/2 cup	Rice	3/4 cup Brown Rice	
Milk or Juice	8 oz Milk / 4 oz juice	Japanese Salad	1/4 cup	
		Fresh Fruit*	1/2 cup	
		Milk or bottled water	8 oz Milk / 330 ml water	

Day 2

Breakfast		Lunch		Notes
Sausage & Egg Scramble	1.5 ounce total	Cheese Burger	2.0 oz patty and cheese	Serve with ketchup packet
Rice	3/4 cup brown rice	WGR Bun	2 oz Hamburger bun	
Fresh Fruit*	1/2 cup	Chilled Cole Slaw	1/4 cup	
Milk or Juice	8 oz Milk / 4 oz juice	Fresh Fruit*	1/2 cup	
		Milk or Bottled Water	8 oz Milk / 330 ml water	

Day 3

Breakfast		Lunch		Notes
Pancake w/Syrup	2 ounces pancake	Spaghetti	3/4 cup enriched spaghetti noodles	
Fresh Fruit*	1/2 cup	Bolognese Sauce	2.0 oz lean beef in tomato sauce	
Milk or Juice	8 oz Milk / 4 oz juice	Steamed Broccoli	1/4 cup	
		Fresh Fruit*	1/2 cup	
		Milk or Bottled Water	8 oz Milk / 330 ml water	

Day 4

Breakfast		Lunch		Notes
Fried Rice	3/4 cup brown rice	Chicken Burger	2.0 oz chicken patty, breaded	Serve with mayonnaise packet
Chicken Nuggets	1 ounce	WGR Bun	2 oz Hamburger bun	
Fresh Fruit*	1/2 cup	Potato Wedges	1/4 cup	
Milk or Juice	8 oz Milk / 4 oz juice	Fresh Fruit*	1/2 cup	
	serve w/ketchup pack	Milk or Bottled Water	8 oz Milk / 330 ml water	

Day 5

Breakfast		Lunch		Notes
Breakfast Burrito w/ Salsa	1.5 ounce egg & cheese	Pepperoni Pizza	2.0 oz cheese and meat	2 oz WGR crust packet of ranch
Fresh Fruit*	2.0 enriched tortilla	Vegetable sticks w/ dip	1/4 oz carrots and cucumbers	
Milk or Juice	1/2 cup	Fresh Fruit*	1/2 cup	
	8 oz Milk / 4 oz juice	Milk or Bottled Water	8 oz Milk / 330 ml water	

Day 6

Breakfast		Lunch		Notes
Cold Cereal	1.5 oz cold cereal	Beef Pepper Steak	2.0 oz beef, 1/4 cup veggies	red and green bell peppers
Fresh Fruit*	1/2 cup	Rice	3/4 cup Brown Rice	
Milk or Juice	8 oz Milk / 4 oz juice	Fresh Fruit*	1/2 cup	
		Milk or bottled water	8 oz Milk / 330 ml water	

Day 7

Breakfast		Lunch		Notes
French Toast w/Syrup	2 slices (Pullman)	Marinara Pasta Bake	1 & 1/3 cup Marinara Pasta Bake	
Fresh Fruit*	1/2 cup		1 cup enriched macaroni	
Milk or Juice	8 oz Milk / 4 oz juice		1/3 cup white cheese	
		Steamed Broccoli	1/4 cup	
		Fresh Fruit*	1/2 cup	
		Milk or Bottled Water	8 oz Milk / 330 ml water	

Day 8

Breakfast		Lunch		Notes
Ham and Cheese Sandwich	1.5 ounce total	Breaded Chicken Bowl	2.0 oz chicken patty, breaded	with 2 Tbsp Gravy
Fresh Fruit*	2 ounce WGR Roll	WGR Dinner Roll	2 oz	
Milk or Juice	1/2 cup	Mashed Potatoes	1/4 cup	
	8 oz Milk / 4 oz juice	Fresh Fruit*	1/2 cup	
		Milk or Bottled Water	8 oz Milk / 330 ml water	

Day 9

Breakfast		Lunch		Notes
Fried Rice	3/4 cup brown rice	Italian Sub Sandwich	2.0 oz deli meats & cheese	Must have cheese & pepperoni plus either ham or salami
Portuguese Sausage/ Sausage Links (daycare)	1 ounce	WGR Bread	2 oz Hoagie Roll	
Fresh Fruit*	1/2 cup	Vegetable sticks and dip	1/4 cup	Serve with a pickle and leaf of lettuce
Milk or Juice	8 oz Milk / 4 oz juice	Fresh Fruit*	1/2 cup	
		Milk or Bottled Water	8 oz Milk / 330 ml water	

Day 10

Breakfast		Lunch		Notes
Cinnamon Roll	2 ounces	Chicken Enchilada	6 inch WGR tortilla (1 enchilada)	Lunch Box Recipe
Fresh Fruit*	1/2 cup		2.0 chicken	
Milk or Juice	8 oz Milk / 4 oz juice	Enchilada Sauce	1 ounce	Lunch Box Recipe
		Corn	1/4 cup	
		Fresh Fruit*	1/2 cup	
		Milk or Bottled Water	8 oz Milk / 330 ml water	

*i.e. apple, orange, banana, cantaloupe, honeydew, watermelon, pears, mandarins, tangerines, grapes. Rev05.19.2025