

EZ Menus Planned for Week of 06/30/2024 thru 07/06/2024

Family Resources, Inc.

June 30, 2024	July 01, 2024	July 02, 2024	July 03, 2024	July 04, 2024	July 05, 2024	July 06, 2024
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast						
X - Oatmeal-W (WG)(047) Bananas-C (004) Whole, 1%, or (1)	Pork Sausage (112) X - Waffles - (WG)(262) Applesauce (002) Whole, 1%, or (1)	X - Oatmeal S (WG)(245) Oranges-C (026) Whole, 1%, or (1)	American Chee (085) X - Bagels - (WG)(223) Fruit Cocktai (015) Whole, 1%, or (1)	X - Oatmeal-W (WG)(047) Fruit Cocktai (015) Whole, 1%, or (1)	X - Waffles - (WG)(262) Applesauce (002) Whole, 1%, or (1)	X - Oatmeal-W (WG)(047) Bananas-C (004) Whole, 1%, or (1)
AM Snack						
X - Rice Cake (WG)(102) Applesauce (002)	Chicken (025) Animal Cracke (054) Oranges-C (026) Whole, 1%, or (1)	X - Bagels - (WG)(223) Bananas-C (004)	X - Goldfish (WG)(257) Cantaloupe-AC (008)	Animal Cracke (054) Whole, 1%, or (1)	X - Rice Cake (WG)(102) Mixed Fresh F (100)	X - Wheat Thi (WG)(256) Fruit Cocktai (015)
Lunch						
Roast Beef (016) X - Brown Ric (WG)(100) Peas and Carr (186) Cucumbers-C (170) Whole, 1%, or (1)	Chicken (025) X - Brown Ric (WG)(100) Plantain (Gre (200) Mangos-AC (024) Whole, 1%, or (1)	Pork Chops / (053) X - Wheat Bre (WG)(083) Broccoli-AC (158) Potato Wedges (280) Whole, 1%, or (1)	Turkey Meatba (072) X - Noodles-P (WG)(260) Tomato Sauce- (248) Green Beans-C (172) Whole, 1%, or (1)	Cheeseburger (062) Hamburger Bun (018) French Fries- (231) Cole Slaw (166) Whole, 1%, or (1)	Beef Meatball (007) X - Ramen Noodles (076) Tomato Sauce- (248) Fruit Cocktai (015) Whole, 1%, or (1)	Spare Ribs (061) X - Brown Ric (WG)(100) Corn-C (168) Green Beans-C (172) Whole, 1%, or (1)
PM Snack						
X - CheezIts (WG)(266) Pears-C (030)	Banana Bread (133) Whole, 1%, or (1)	Yogurt (150) Strawberries (038)	X - Ritz Crac (WG)(243) Peaches-AC (028)	X - CheezIts (WG)(266) Apples-C (001)	Pumpkin Bread (134) Whole, 1%, or (1)	Peanut Butter (140) X - Whole Gra (WG)(138) Bananas-C (004)
Dinner						
Roast Beef (016) X - Wheat Bre (WG)(083) Cauliflower-C (164) Honeydew Melo (020) Whole, 1%, or (1)	Chicken (025) X - Brown Ric (WG)(100) Mixed Vegetab (177) Plantain (Gre (200) Whole, 1%, or (1)	Pork Chops / (053) X - Brown Ric (WG)(100) Corn-C (168) Applesauce (002) Whole, 1%, or (1)	Turkey Meatba (072) X - Brown Ric (WG)(100) Spaghetti Sau (247) Green Beans-C (172) Whole, 1%, or (1)	Cheeseburger (062) Hamburger Bun (018) Baked Beans (213) Cole Slaw (166) Whole, 1%, or (1)	Beef Meatball (007) X - Whole Gra (WG)(138) Tomato Soup (266) Carrots-AC (163) Whole, 1%, or (1)	Turkey & Chee (048) X - Wheat Bre (WG)(083) Spinach-AC (205) Peaches-AC (028) Whole, 1%, or (1)
Evening Snack						
X - Waffles - (WG)(262) Applesauce (002)	Bananas-C (004) Whole, 1%, or (1)	Graham Cracke (068) Whole, 1%, or (1)	X - Wheat Thi (WG)(256) Fruit Cocktai (015)	American Chee (085) X - Crackers (WG)(035)	X - Cheerios (WG)(045) Whole, 1%, or (1)	X - Goldfish (WG)(257) Whole, 1%, or (1)

EZ Menus Planned for Week of 07/07/2024 thru 07/13/2024

Family Resources, Inc.

July 07, 2024	July 08, 2024	July 09, 2024	July 10, 2024	July 11, 2024	July 12, 2024	July 13, 2024
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast						
X - Oatmeal S (WG)(246) Oranges-C (026) Whole, 1%, or (1)	X - Cheerios (WG)(045) Bananas-C (004) Whole, 1%, or (1)	X - Oatmeal-W (WG)(047) Raisins (034) Whole, 1%, or (1)	Pork Sausage (112) X - Waffles - (WG)(262) Mandarin Oran (023) Whole, 1%, or (1)	Egg-Whole (135) X - Bagels - (WG)(223) Applesauce (002) Whole, 1%, or (1)	Pork Sausage (112) X - Waffles - (WG)(262) Applesauce (002) Whole, 1%, or (1)	X - Pancakes (WG)(261) Applesauce (002) Whole, 1%, or (1)
AM Snack						
X - Bagels - (WG)(223) Bananas-C (004)	Bananas-C (004) Whole, 1%, or (1)	X - Ritz Crac (WG)(243) Fruit Cocktai (015)	Peanut Butter (140) Flat Bread (015) Whole, 1%, or (1)	Bananas-C (004) Whole, 1%, or (1)	String Cheese (107) X - Goldfish (WG)(257)	Beef Meatball (007) Animal Cracke (054) Whole, 1%, or (1)
Lunch						
Pork Chops / (053) X - Wheat Bre (WG)(083) Potato Wedges (280) Broccoli-AC (158) Whole, 1%, or (1)	Chicken (025) X - Noodles-P (WG)(260) Green Beans-C (172) Pineapple-C (031) Whole, 1%, or (1)	Beef Ground (003) Brown Ric (WG)(100) Kidney / Red (261) Corn-C (168) Whole, 1%, or (1)	Turkey Breast (065) X - Rolls (031) Mixed Vegetab (177) Pineapple-C (031) Whole, 1%, or (1)	Ham (051) Macaroni & Ch (073) Carrots-AC (163) Peaches-AC (028) Whole, 1%, or (1)	Fish Sticks (C43) X - Rolls (031) French Fries- (231) Cole Slaw (166) Whole, 1%, or (1)	Beef Meatball (007) Macaroni & Ch (073) Cauliflower-C (164) Fruit Cocktail (015) Whole, 1%, or (1)
PM Snack						
Yogurt (150) X - Quinoa - (WG)(038)	Animal Cracke (054) Whole, 1%, or (1)	American Chee (085) X - Toast - W (WG)(265)	Bananas-C (004) Whole, 1%, or (1)	Banana Bread (117) Whole, 1%, or (1)	Raisin Bread (123) Whole, 1%, or (1)	Bananas-C (004) Whole, 1%, or (1)
Dinner						
Pork Chops / (053) X - Brown Ric (WG)(100) Corn-C (168) Applesauce (002) Whole, 1%, or (1)	Chicken (025) X - Noodles-P (WG)(260) Spinach-AC (205) Mangos-AC (024) Whole, 1%, or (1)	Beef Ground (003) X - Brown Ric (WG)(100) Kidney / Red (261) Peaches-AC (028) Whole, 1%, or (1)	Turkey Breast (065) X - Noodles-P (WG)(260) Broccoli-AC (158) Mangos-AC (024) Whole, 1%, or (1)	Ham (051) X - Brown Ric (WG)(100) Carrots-AC (163) Peaches-AC (028) Whole, 1%, or (1)	Fish Sticks (C43) X - Wheat Bre (WG)(083) French Fries- (231) Cole Slaw (166) Whole, 1%, or (1)	Beef Meatball (007) X - Toast - W (WG)(265) Carrots-AC (163) Fruit Cocktail (015) Whole, 1%, or (1)
Evening Snack						
Graham Cracke (081) Whole, 1%, or (1)	String Cheese (107) Pretzel (Hard (028)	X - Ritz Crac (WG)(243) Mandarin Oran (023)	Peanut Butter (140) X - Wheat Bre (WG)(083) Whole, 1%, or (1)	X - Ritz Crac (WG)(243) Applesauce (002)	X - Crackers (WG)(035) Whole, 1%, or (1)	Graham Cracke (081) Bananas-C (004) Whole, 1%, or (1)

EZ Menus Planned for Week of 07/14/2024 thru 07/20/2024

Family Resources, Inc.

July 14, 2024	July 15, 2024	July 16, 2024	July 17, 2024	July 18, 2024	July 19, 2024	July 20, 2024
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast						
X - Waffles - (WG)(262) Applesauce (002) Whole, 1%, or (1)	X - Oatmeal-W (WG)(047) Oranges-C (026) Whole, 1%, or (1)	American Chee (085) X - Toast - W (WG)(265) Applesauce (002) Whole, 1%, or (1)	X - Oatmeal-W (WG)(047) Mixed Fresh F (100) Whole, 1%, or (1)	X - Waffles - (WG)(262) Applesauce (002) Whole, 1%, or (1)	X - Cream of (WG)(044) Bananas-C (004) Whole, 1%, or (1)	X - Waffles - (WG)(262) Oranges-C (026) Whole, 1%, or (1)
AM Snack						
Animal Cracke (054) Whole, 1%, or (1)	X - Bagel (001) Bananas-C (004)	X - Goldfish (WG)(257) Cantaloupe-AC (008)	Animal Cracke (054) Whole, 1%, or (1)	X - Toast - W (WG)(265) Fruit Salad (016)	X - Crackers (WG)(035) Fruit Cocktail (015)	X - Bagels - (WG)(223) Bananas-C (004)
Lunch						
Chicken (025) Brown Ric (WG)(100) Carrots-AC (163) Mangos-AC (024) Whole, 1%, or (1)	Pork Chops / (053) X - Wheat Bre (WG)(083) Broccoli-AC (158) Potato Wedges (280) Whole, 1%, or (1)	Turkey Meatba (072) X - Noodles-P (WG)(260) Tomato Sauce- (248) Peppers, Gree (262) Whole, 1%, or (1)	Cheeseburger (062) X - Hamburger Bun (018) French Fries- (231) Watermelon-AC (041) Whole, 1%, or (1)	Beef Meatball (007) X - Noodles-P (WG)(260) Tomato Sauce- (248) Garden Salad (243) Whole, 1%, or (1)	Ham & Cheese (047) X - Toast - W (WG)(265) French Fries- (231) Corn-C (168) Whole, 1%, or (1)	Pork Roast (058) X - Rolls (031) Potato Wedges (280) Green Beans-C (172) Whole, 1%, or (1)
PM Snack						
X - Banana Bread (133) Whole, 1%, or (1)	Yogurt (150) Strawberry Ju (070)	X - Ritz Crac (WG)(243) Peaches-AC (028)	X - CheezIts (WG)(266) Apples-C (001)	Banana Bread (117) Whole, 1%, or (1)	Peanut Butter (140) X - Crackers-Savo (036) Bananas-C (004)	Yogurt (150) Blueberries-C (006)
Dinner						
Chicken (025) X - Brown Ric (WG)(100) Mixed Vegetab (177) Mixed Fresh F (100) Whole, 1%, or (1)	Pork Chops / (053) Brown Ric (WG)(100) Corn-C (168) Applesauce (002) Whole, 1%, or (1)	Turkey Meatba (072) X - Brown Ric (WG)(100) Tossed Salad (208) Mandarin Oran (023) Whole, 1%, or (1)	Turkey & Chee (048) X - Wheat Bre (WG)(083) Baked Beans (213) Watermelon-AC (041) Whole, 1%, or (1)	Beef Meatball (007) X - Whole Gra (WG)(138) Peppers, Gree (262) Tomato Sauce- (248) Whole, 1%, or (1)	Ham & Cheese (047) X - Wheat Bre (WG)(083) Sweet Potato (240) Peaches-AC (028) Whole, 1%, or (1)	Pork Roast (058) X - Brown Ric (WG)(100) Corn-C (168) Applesauce (002) Whole, 1%, or (1)
Evening Snack						
Bananas-C (004) Whole, 1%, or (1)	Graham Cracke (081) Whole, 1%, or (1)	X - Wheat Thi (WG)(256) Mixed Fresh F (100)	American Chee (085) X - Crackers (WG)(035)	X - Cheerios (WG)(011) Whole, 1%, or (1)	X - Goldfish (WG)(257) Applesauce (002)	X - Goldfish (WG)(257) Whole, 1%, or (1)

EZ Menus Planned for Week of 07/21/2024 thru 07/27/2024

Family Resources, Inc.

July 21, 2024	July 22, 2024	July 23, 2024	July 24, 2024	July 25, 2024	July 26, 2024	July 27, 2024
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast						
X - Cheerios (WG)(045) Bananas-C (004) Whole, 1%, or (1)	Oatmeal-W (WG)(047) Raisins (034) Whole, 1%, or (1)	X - Waffles - (WG)(262) Oranges-C (026) Whole, 1%, or (1)	Egg-Whole (135) X - Toast - W (WG)(265) Applesauce (002) Whole, 1%, or (1)	X - Pancakes (WG)(261) Applesauce (002) Whole, 1%, or (1)	X - Waffles - (WG)(262) Applesauce (002) Whole, 1%, or (1)	Pork Sausage (112) X - Waffles - (WG)(262) Applesauce (002) Whole, 1%, or (1)
AM Snack						
X - Crackers (WG)(035) Mixed Fresh F (100)	X - Crackers (WG)(035) Fruit Cocktai (015)	Peanut Butter (140) X - Toast - W (WG)(265)	X - CheezIts (WG)(266) Bananas-C (004)	String Cheese (107) X - Crackers (WG)(035)	Animal Cracke (054) Whole, 1%, or (1)	American Chee (085) X - Crackers (WG)(035)
Lunch						
Chicken (025) X - Noodles / Pas (128) Green Beans-C (172) Pineapple-C (031) Whole, 1%, or (1)	Beef Ground (003) X - Brown Ric (WG)(100) Kidney / Red (261) Corn-C (168) Whole, 1%, or (1)	Turkey Breast (065) X - Rolls (031) Mixed Vegetab (177) Pineapple-C (031) Whole, 1%, or (1)	Ham (051) X - Macroni & Che (070) Carrots-AC (163) Peaches-AC (028) Whole, 1%, or (1)	Fish Fillets (111) X - Rolls (031) Cole Slaw (166) Pineapple-C (031) Whole, 1%, or (1)	Beef Meatball (007) X - Macroni & Che (070) Corn-C (168) Mixed Fresh F (100) Whole, 1%, or (1)	Chicken (025) Brown Ric (WG)(100) French Fries- (231) Mandarin Oran (023) Whole, 1%, or (1)
PM Snack						
Animal Cracke (054) Applesauce (002) Whole, 1%, or (1)	American Chee (085) X - Toast - W (WG)(265)	Bananas-C (004) Whole, 1%, or (1)	X - Banana Bread (133) Whole, 1%, or (1)	Raisin Bread (123) Whole, 1%, or (1)	X - Crackers (WG)(035) Bananas-C (004)	Peanut Butter (140) X - Toast - W (WG)(265) Applesauce (002) Whole, 1%, or (1)
Dinner						
Chicken (025) X - Noodles-P (WG)(260) Spinach-AC (205) Mangos-AC (024) Whole, 1%, or (1)	Beef Ground (003) X - Whole Gra (WG)(138) Garden Salad (243) Peaches-AC (028) Whole, 1%, or (1)	Turkey Breast (065) X - Noodles-P (WG)(260) Broccoli-AC (158) Peaches-AC (028) Whole, 1%, or (1)	Ham (051) X - Rolls (031) Green Beans-C (172) Mixed Fresh F (100) Whole, 1%, or (1)	Fish Fillets (111) Hush Puppies (021) Cole Slaw (166) Mixed Fresh F (100) Whole, 1%, or (1)	Beef Meatball (007) X - Rolls (031) Garden Salad (243) Pineapple-C (031) Whole, 1%, or (1)	Chicken (025) X - Whole Gra (WG)(138) Garden Salad (243) Broccoflower (157) Whole, 1%, or (1)
Evening Snack						
American Chee (085) X - Pretzels (WG)(263)	X - Crackers-Savo (036) Mandarin Oran (023)	Peanut Butter (140) X - Whole Gra (WG)(138)	X - CheezIts (WG)(266) Apples-C (001)	X - Cheerios (WG)(208) Whole, 1%, or (1)	X - Cheerios (WG)(208) Whole, 1%, or (1)	X - Cheerios (WG)(045) Bananas-C (004)

EZ Menus Planned for Week of 07/28/2024 thru 08/03/2024

Family Resources, Inc.

July 28, 2024	July 29, 2024	July 30, 2024	July 31, 2024	August 01, 2024	August 02, 2024	August 03, 2024
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast						
X - Oatmeal-W (WG)(047 Bananas-C (004) Whole, 1%, or (1)	X - Waffles - (WG)(262 Mixed Fresh F (100) Whole, 1%, or (1)	Egg-Whole (135) X - Biscuits (002) Applesauce (002) Whole, 1%, or (1)	X - Waffles - (WG)(262 Applesauce (002) Whole, 1%, or (1)			
AM Snack						
X - Toast - W (WG)(265 Mixed Fresh F (100)	American Chee (085) X - Crackers (WG)(035	X - Goldfish (WG)(257 Blueberries-C (006)	Yogurt (150) X - Goldfish (WG)(257			
Lunch						
Pork Roast (058) X - Wheat Bre (WG)(063 Potato Wedges (280) Broccoli-AC (158) Whole, 1%, or (1)	Cheeseburger (062) X - Hamburger Bun (018 Garden Salad (243) Fruit Cocktai (015) Whole, 1%, or (1)	Beef Franks (002) X - Hot Dog Buns (020) French Fries- (231) Oranges-C (026) Whole, 1%, or (1)	Beef Ground (003) X - Whole Gra (WG)(138 Tossed Salad (208) Mandarin Oran (023) Whole, 1%, or (1)			
PM Snack						
Yogurt (150) Strawberries (038)	Cheeseburger (062) X - Toast - W (WG)(265 French Fries- (231) Watermelon-AC (041) Whole, 1%, or (1)	Crackers (WG)(035) Apples-C (001)	X - Muffins/Quick (237 Whole, 1%, or (1)			
Dinner						
Ham & Cheese (047) X - Toast - W (WG)(265 French Fries- (231) Applesauce (002) Whole, 1%, or (1)	Cheeseburger (062) X - Hamburger Bun (018 French Fries- (231) Baked Beans (213) Whole, 1%, or (1)	Ham & Cheese (047) X - Toast - W (WG)(265 Potato Wedges (280) Green Beans-C (172) Whole, 1%, or (1)	Beef Meatball (007) X - Noodles / Pas (128 Tomatoes, Fre (250) Strawberries (038) Whole, 1%, or (1)			
Evening Snack						
Peanut Butter (140) X - Crackers (WG)(035	X - Cheerios (WG)(045 Whole, 1%, or (1)	American Chee (085) X - Crackers (WG)(035	X - Cheerios (WG)(045 Whole, 1%, or (1)			