

Barnstable Public Schools

Summer Meals 2022-Breakfast
1-Week Rotation
July 5, 2022-August 26, 2022

Breakfast Menu



The Abbey Group

1% White and Fat Free Chocolate Milk offered Daily



Asst. Cereal & Breakfast Bars, Offered Every Day

Select 3 of the 4 required food Components for a Reimbursable Meal

Fruit and Vegetable Options May vary due to Availability of Local Products

**This Institution is an equal opportunity provider
 Menus are subject to change**



Mon.	Tues.	Wed.	Thur.	Fri.
Bagel w/Cream Cheese (2 oz. eq. grain) 100% Fruit Juice (1/2 cup) Milk (8 oz.)	Pancakes w/Syrup (2 oz. eq. grain) Fruit Cup (1/2 cup) 100% Fruit Juice (1/2 cup) Milk (8 oz.)	Ham & Cheese English Muffin (2 oz. eq. grain, 1 m/ma) 100% Fruit Juice (1/2 cup) Milk (8 oz.)	Scrambled Egg & Cheese Wrap (1.75 oz. eq. grain, 2 m/ma) Salsa (1/2 cup) Chilled Applesauce (1/2 cup) Milk (8 oz.)	Fruit Filled Muffin w/Cheese Stick (1 oz. eq. grain, 1 oz. m/ma) Fresh Banana (1/2 cup) Milk (8 oz.)
Mon.	Tues.	Wed.	Thur.	Fri.
Bagel w/Cream Cheese (2 oz. eq. grain) 100% Fruit Juice (1/2 cup) Milk (8 oz.)	Pancakes w/Syrup (2 oz. eq. grain) Fruit Cup (1/2 cup) 100% Fruit Juice (1/2 cup) Milk (8 oz.)	Ham & Cheese English Muffin (2 oz. eq. grain, 1 m/ma) 100% Fruit Juice (1/2 cup) Milk (8 oz.)	Scrambled Egg & Cheese Wrap (1.75 oz. eq. grain, 2 m/ma) Salsa (1/2 cup) Chilled Applesauce (1/2 cup) Milk (8 oz.)	Fruit Filled Muffin w/Cheese Stick (1 oz. eq. grain, 1 oz. m/ma) Fresh Banana (1/2 cup) Milk (8 oz.)
Mon.	Tues.	Wed.	Thur.	Fri.
Bagel w/Cream Cheese (2 oz. eq. grain) 100% Fruit Juice (1/2 cup) Milk (8 oz.)	Pancakes w/Syrup (2 oz. eq. grain) Fruit Cup (1/2 cup) 100% Fruit Juice (1/2 cup) Milk (8 oz.)	Ham & Cheese English Muffin (2 oz. eq. grain, 1 m/ma) 100% Fruit Juice (1/2 cup) Milk (8 oz.)	Scrambled Egg & Cheese Wrap (1.75 oz. eq. grain, 2 m/ma) Salsa (1/2 cup) Chilled Applesauce (1/2 cup) Milk (8 oz.)	Fruit Filled Muffin w/Cheese Stick (1 oz. eq. grain, 1 oz. m/ma) Fresh Banana (1/2 cup) Milk (8 oz.)
Mon.	Tues.	Wed.	Thur.	Fri.
Bagel w/Cream Cheese (2 oz. eq. grain) 100% Fruit Juice (1/2 cup) Milk (8 oz.)	Pancakes w/Syrup (2 oz. eq. grain) Fruit Cup (1/2 cup) 100% Fruit Juice (1/2 cup) Milk (8 oz.)	Ham & Cheese English Muffin (2 oz. eq. grain, 1 m/ma) 100% Fruit Juice (1/2 cup) Milk (8 oz.)	Scrambled Egg & Cheese Wrap (1.75 oz. eq. grain, 2 m/ma) Salsa (1/2 cup) Chilled Applesauce (1/2 cup) Milk (8 oz.)	Fruit Filled Muffin w/Cheese Stick (1 oz. eq. grain, 1 oz. m/ma) Fresh Banana (1/2 cup) Milk (8 oz.)
Mon.	Tues.	Wed.	Thur.	Fri.
Bagel w/Cream Cheese (2 oz. eq. grain) 100% Fruit Juice (1/2 cup) Milk (8 oz.)	Pancakes w/Syrup (2 oz. eq. grain) Fruit Cup (1/2 cup) 100% Fruit Juice (1/2 cup) Milk (8 oz.)	Ham & Cheese English Muffin (2 oz. eq. grain, 1 m/ma) 100% Fruit Juice (1/2 cup) Milk (8 oz.)	Scrambled Egg & Cheese Wrap (1.75 oz. eq. grain, 2 m/ma) Salsa (1/2 cup) Chilled Applesauce (1/2 cup) Milk (8 oz.)	Fruit Filled Muffin w/Cheese Stick (1 oz. eq. grain, 1 oz. m/ma) Fresh Banana (1/2 cup) Milk (8 oz.)