



August 2026

12:50:41 PM
Friday, June 12, 2026
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Forgotten Harvest SFSP Lunch

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Turkey Ham & Chz Croissant IW Carrot Coins 1/2 c (9) Fresh Fruit (22) Spork Milk Choice 8oz (13-20) &	4 Pull Apart - Italian (33) Marinara Cup 3 oz IW (7) Apple Slices 1pkg 1/2c (7) Cheez -its WG (14) Spork Milk Choice 8oz (13-20) &	5 Chick, Turkey/pep sub WG (34) Carrot Coins 1/2 c (9) Fresh Fruit (22) Spork Milk Choice 8oz (13-20) &	6 Ez-Jammer Sandwich WG(28) Cheese Stick 1 oz (1) Celery Sticks 1/2 c (2) Juice 100% 4ozL Fruit (15) Spork Milk Choice 8oz (13-20) &	7 Turkey & Cheese on WG Bun (22) Grape Tomatoes (5) 1/2 c (4) Chilled Fruit 1/2 c (16) Milk Choice 8oz (13-20) ^ Spork Kit
10 Italian Turkey Combo WG (30) Carrot Coins 1/2 c (9) Fresh Fruit (22) Spork Milk Choice 8oz (13-20) &	11 Pull Apart - Queso (33) Salsa Cup 3oz IW (5) (4) Apple Slices 1pkg 1/2c (7) Cheez -its WG (14) Spork Milk Choice 8oz (13-20) &	12 Chick/Chz/entrée Salad Muffin 2g-WG (31) Grape Tomatoes 1/4 c (3) Chilled Fruit 1/2 c (16) Milk Choice 8oz (13-20) Spork Kit ^	13 Turkey & Cheese Wedge WG (28) Carrot Coins 1/2 c (9) Fresh Fruit (22) Spork Milk Choice 8oz (13-20) &	14 Buffalo Chick Brioché WG (31) Celery Sticks 1/2 c IW (2) (2) Juice 100% 4ozL Fruit (15) Spork Milk Choice 8oz (13-20) &
17 Turkey Ham & Chz Croissant IW Carrot Coins 1/2 c (9) Fresh Fruit (22) Spork Milk Choice 8oz (13-20) &	18 Pull Apart - Italian (33) Marinara Cup 3 oz IW (7) Apple Slices 1pkg 1/2c (7) Cheez -its WG (14) Spork Milk Choice 8oz (13-20) &	19 Chick, Turkey/pep sub WG (34) Carrot Coins 1/2 c (9) Goldfish Grahams WG (19) (19) Fresh Fruit (22) Spork Milk Choice 8oz (13-20) &	20 Ez-Jammer Sandwich WG(28) Cheese Stick 1 oz (1) Celery Sticks 1/2 c IW (2) (2) Juice 100% 4ozL Fruit (15) Spork Milk Choice 8oz (13-20) &	21 Turkey & Cheese on WG Bun (22) Grape Tomatoes (5) 1/2 c (4) Chilled Fruit 1/2 c (16) Milk Choice 8oz (13-20) ^ Spork Kit
24 Italian Turkey Combo WG (30) Carrot Coins 1/2 c (9) Fresh Fruit (22) Spork Milk Choice 8oz (13-20) &	25 Pull Apart - Queso (33) Salsa Cup 3oz IW (5) (4) Apple Slices 1pkg 1/2c (7) Cheez -its WG (14) Spork Milk Choice 8oz (13-20) &	26 Chick/Chz/entrée Salad Muffin 2g-WG (31) Grape Tomatoes 1/4 c (3) Chilled Fruit 1/2 c (16) Milk Choice 8oz (13-20) ^ Spork Kit	27 Turkey & Cheese Wedge WG (28) Carrot Coins 1/2 c (9) Fresh Fruit (22) Spork Milk Choice 8oz (13-20) &	28 Buffalo Chick Brioché WG (31) Celery Sticks 1/2 c IW (2) (2) Juice 100% 4ozL Fruit (15) Spork Milk Choice 8oz (13-20) &
31 Turkey Ham & Chz Croissant IW Carrot Coins 1/2 c (9) Fresh Fruit (22) Spork Milk Choice 8oz (13-20) &				

Carb Counts
included in
parenthesis ()
for each item

* Carb counts are estimated
based on nutrition labels from
the manufacturer and USDA
data

Milk Carbs:
1% White Milk 1/2 Pint
(Green)(12)
Fat Free Chocolate Milk 1/2
Pint (Brown)(23)

*(V) indicates a vegetarian
entree

This institution is an
equal opportunity
provider.