

CITY OF LOS ANGELES  
 DEPARTMENT OF RECREATION AND PARKS  
 SUMMER FOOD SERVICE PROGRAM

Revised 07-15-09

**AUGUST 2009 - SNACK MENU**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24	25	26	27	28	29
	<b>SLICED MELON* &amp; WHEAT CRACKERS W/CHEESE</b>	<b>STRING CHEESE Grape Juice*</b>	<b>NECTARINE* Non-Fat Chocolate Milk</b>	<b>BANANA* 2% White Milk</b>	<b>YOGURT Grape Juice*</b>	
30	31					
	<b>SLICED* ORANGES &amp; ANIMAL CRACKERS</b>					

\* Fruit juice/fresh fruit/fruit cups must = 3/4 cup or 6oz.

Meals may contain nuts and/or peanut butter.

Meals are subject to change.

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DEPARTMENT OF RECREATION AND PARKS  
SUMMER FOOD SERVICE PROGRAM

## SEPTEMBER 2009 - SNACK MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		<b>CEREAL</b> White Milk 2%	<b>STRING CHEESE</b> 100% Fruit Juice*	<b>SLICED MELON* &amp; WHEAT CRACKERS</b> W/CHEESE	<b>WHEAT CRACKERS</b> W/CHEESE Pineapple Juice*	
6	7	8	9	10	11	12
	<b>HOLIDAY NO FOOD SERVICE LABOR DAY</b>	<b>CEREAL</b> White Milk 2%	<b>STRING CHEESE</b> 100% Fruit Juice*	<b>NECTARINE</b> String Cheese	<b>ANIMAL CRACKERS</b> Non-Fat Choc. Milk	
13	14	15	16	17	18	19
	<b>STRING CHEESE</b> 100% Fruit Juice*	<b>CEREAL</b> White Milk 2%	<b>TRAIL MIX</b> Grape Juice*	<b>NECTARINE*</b> Animal Crackers	<b>SLICED ORANGES* &amp; Wheat Crackers</b> w/cheese	
20	21	22	23	24	25	26
	<b>HONEY &amp; OATS BAR</b> 100% Fruit Juice*	<b>SLICED MELON* &amp; WHEAT CRACKERS</b> W/CHEESE	<b>STRING CHEESE</b> Grape Juice*	<b>NECTARINE*</b> String Cheese	<b>CEREAL</b> 2% White Milk	
27	28	29	30			
	<b>SLICED ORANGES* &amp; STRING CHEESE</b>	<b>CEREAL</b> 2% White Milk	<b>CHOCOLATE CHIP COOKIES</b> 2% White Milk			

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## OCTOBER 2009 - SNACK MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				<b>NECTARINE* Non-Fat Chocolate Milk</b>	<b>CRUNCHY GRANOLA BAR 100% Fruit Juice*</b>	
4	5	6	7	8	9	10
	<b>CEREAL 2% White Milk</b>	<b>SLICED MELON* &amp; ANIMAL CRACKERS</b>	<b>STRING CHEESE Grape Juice*</b>	<b>YOGURT Trail Mix</b>	<b>BANNANA* 2% White Milk</b>	
11	12	13	14	15	16	17
	<b>HOLIDAY NO FOOD SERVICE COLUMBUS DAY</b>	<b>STRING CHEESE 100% Fruit Juice*</b>	<b>YOGURT Apple Juice*</b>	<b>CEREAL 2% White Milk</b>	<b>SLICED MELON* &amp; Trail Mix</b>	
18	19	20	21	22	23	24
	<b>CHOCOLATE CHIP COOKIE 2% White Milk</b>	<b>YOGURT Apple Juice*</b>	<b>MULTIGRAIN CEREAL BAR Orange Juice*</b>	<b>CEREAL 2% White Milk</b>	<b>ANIMAL CRACKERS 100% Fruit Juice*</b>	
25	26	27	28	29	30	31
	<b>YOGURT Apple Juice*</b>	<b>STRING CHEESE 100% Fruit Juice*</b>	<b>ANIMAL CRACKERS Non-Fat Choc. Milk</b>	<b>CEREAL 2% White Milk</b>	<b>MIXED FRUIT CUP Yogurt</b>	

\* Fruit juice/fresh fruit/fruit cups must = 3/4 cup or 6oz.

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## NOVEMBER 2009 - SNACK MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	<b>TRAIL MIX</b> Grape Juice*	<b>DICED PEACHES*</b> Yogurt	<b>CEREAL</b> 2% White Milk	<b>HONEY &amp; OATS BAR</b> 100% Fruit Juice*	<b>BANANA*</b> 2% White Milk	
8	9	10	11	12	13	14
	<b>TRAIL MIX</b> Grape Juice*	<b>DICED PEARS*</b> Animal Crackers	<b>HOLIDAY</b> NO FOOD SERVICE VETERNA'S DAY	<b>CEREAL</b> 2% White Milk	<b>HONEY &amp; OATS BAR</b> 100% Fruit Juice*	
15	16	17	18	19	20	21
	<b>SLICED ORANGES*&amp;</b> <b>TRAIL MIX</b>	<b>OATMEAL COOKIE</b> Orange Juice*	<b>CEREAL</b> 2% White Milk	<b>BANANA*</b> 2% White Milk	<b>CHOCLATE CHIP COOKIE</b> 100% Fruit Juice*	
22	23	24	25	26	27	28
	<b>SLICED ORANGES*</b> Roasted Peanuts	<b>STRING CHEESE</b> Grape Juice*	<b>CEREAL</b> 2% White Milk	<b>HOLIDAY</b> NO FOOD SERVICE THANKSGIVING	<b>HOLIDAY</b> NO FOOD SERVICE THANKSGIVING	
29	30					

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## DECEMBER 2009 - SNACK MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		<b>STRING CHEESE</b> <b>100% Orange</b> <b>Juice*</b>	<b>CEREAL</b> 2% <b>White Milk</b>	<b>WHEAT CRACKERS</b> <b>W/CHEESE</b> <b>Pineapple Juice*</b>	<b>APPLE</b> <b>Non-Fat Choco</b> <b>Milk</b>	
6	7	8	9	10	11	12
	<b>CHOCOLATE</b> <b>CHIP COOKIE</b> <b>100% Juice</b>	<b>DICED</b> <b>PEACHES*</b> <b>2% White Milk</b>	<b>CEREAL</b> 2% <b>White Milk</b>	<b>BANANA*</b> <b>2% White Milk</b>	<b>CEREAL</b> 2% <b>White Milk</b>	
13	14	15	16	17	18	19
	<b>MIXED FRUIT</b> <b>CUP*</b> <b>Yogurt</b>	<b>ANIMAL</b> <b>CRACKERS</b> <b>100% Fruit</b> <b>Juice*</b>	<b>CEREAL</b> 2% <b>White Milk</b>	<b>MIXED FRUIT</b> <b>CUP*</b> <b>Roasted Peanuts</b>	<b>STRING CHEESE</b> <b>100% Fruit</b> <b>Juice*</b>	
20	21	22	23	24	25	26
	<b>WINTER RECESS</b> <b>NO FOOD SERVICE</b>	<b>WINTER RECESS</b> <b>NO FOOD SERVICE</b>	<b>WINTER RECESS</b> <b>NO FOOD SERVICE</b>	<b>WINTER RECESS</b> <b>NO FOOD SERVICE</b>	<b>WINTER RECESS</b> <b>NO FOOD SERVICE</b>	
27	28	29	30	31		
	<b>WINTER RECESS</b> <b>NO FOOD SERVICE</b>	<b>WINTER RECESS</b> <b>NO FOOD SERVICE</b>	<b>WINTER RECESS</b> <b>NO FOOD SERVICE</b>	<b>WINTER RECESS</b> <b>NO FOOD SERVICE</b>		

\* Fruit juice/fresh fruit/fruit cups must = 3/4 cup or 6oz.

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**JANUARY 2010 - SNACK MENU**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					<b>WINTER RECESS NO FOOD SERVICE</b>	
3	4	5	6	7	8	9
	<b>TRAIL MIX 100% Grape Juice*</b>	<b>CEREAL 2% White Milk</b>	<b>SLICED ORANGES* Graham Crackers</b>	<b>HONEY &amp; OATS BAR 100% Fruit Juice*</b>	<b>CEREAL 2% White Milk</b>	
10	11	12	13	14	15	16
	<b>SLICED ORANGES* &amp; ANIMAL CRACKERS</b>	<b>YOGURT Grape Juice*</b>	<b>CEREAL 2% White Milk</b>	<b>GRAHAM CRACKERS 100% Fruit Juice*</b>	<b>WHEAT CRACKERS W/CHEESE Apple Juice*</b>	
17	18	19	20	21	22	23
	<b>HOLIDAY NO FOOD SERVICE MARTIN LUTHER KING JR. DAY</b>	<b>CEREAL 2% White Milk</b>	<b>MIXED FRUIT CUP* Trail Mix</b>	<b>BANANA* 2% White Milk</b>	<b>ANIMAL CRACKERS 100% Juice</b>	
24/31	25	26	27	28	29	30
	<b>SLICED ORANGES* Oats &amp; Honey Bar</b>	<b>OATMEAL COOKIE Orange Juice*</b>	<b>CEREAL 2% White Milk</b>	<b>TRAIL MIX Grape Juice*</b>	<b>APPLE* Non-Fat Choc. Milk</b>	

\* Fruit juice/fresh fruit/fruit cups must = 3/4 cup or 6oz.

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## FEBRUARY 2010 - SNACK MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	<b>CHOCOLATE CHIP COOKIE 100% Juice</b>	<b>DICED PEACHES* 2% White Milk</b>	<b>CEREAL 2% White Milk</b>	<b>SLICED ORANGES* &amp; ANIMAL CRACKERS</b>	<b>ANIMAL CRACKERS Non-Fat Choc. Milk</b>	
7	8	9	10	11	12	13
	<b>BANANA* 2% White Milk</b>	<b>YOGURT Grape Juice*</b>	<b>APPLE* Non-Fat Choco Milk</b>	<b>GRAHAM CRACKERS 2% Whitemilk</b>	<b>CEREAL 2% White Milk</b>	
14	15	16	17	18	19	20
	<b>HOLIDAY NO FOOD SERVICE PRESIDENT'S DAY</b>	<b>SLICED ORANGES* &amp; STRING CHEESE</b>	<b>OATMEAL COOKIE Orange Juice*</b>	<b>CEREAL 2% White Milk</b>	<b>WHEAT CRACKERS W/CHEESE Pineapple Juice*</b>	
21/28	22	23	24	25	26	27
	<b>STRING CHEESE Grape Juice*</b>	<b>CEREAL 2% White Milk</b>	<b>BANANA* 2% White Milk</b>	<b>WHEAT CRACKERS W/CHEESE Pineapple Juice*</b>	<b>CHOCOLATE CHIP COOKIE 100% Fruit Juice*</b>	

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## MARCH 2010 - SNACK MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	<b>CHOCOLATE CHIP COOKIE 100% Fruit Juice*</b>	<b>DICED PEACHES* 2% White Milk</b>	<b>MULTIGRAIN CEREAL BAR Orange Juice*</b>	<b>BANANA* Non-Fat Choc. Milk</b>	<b>CEREAL 2% White Milk</b>	
7	8	9	10	11	12	13
	<b>CEREAL 2% White Milk</b>	<b>SLICED ORANGES* Non-Fat Choc. Milk</b>	<b>CEREAL 2% White Milk</b>	<b>MIXED FRUIT CUP* Roasted Peanuts</b>	<b>YOGURT Pineapple Juice*</b>	
14	15	16	17	18	19	20
	<b>TRAIL MIX Grape Juice*</b>	<b>BANANA* 2% White Milk</b>	<b>SLICED ORANGES* Choc. Chip Cookies</b>	<b>HONEY &amp; OATS BAR 100% Fruit Juice*</b>	<b>CEREAL 2% White Milk</b>	
21	22	23	24	25	26	27
	<b>SLICED ORANGES* Choc. Chip Cookies</b>	<b>CEREAL 2% White Milk</b>	<b>BANANA* Non-Fat Choc. Milk</b>	<b>GRAHAM CRACKERS 100% Fruit Juice*</b>	<b>YOGURT Grape Juice*</b>	
28	29	30	31			
	<b>HOLIDAY NO FOOD SERVICE CESAR CHAVEZ DAY</b>	<b>CEREAL 2% White Milk</b>	<b>DICED PEACHES* Non-Fat Chocolate Milk</b>			

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## APRIL 2010 - SNACK MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				<b>BANANA*</b> <b>2% White Milk</b>	<b>YOGURT</b> <b>Grape Juice*</b>	
4	5	6	7	8	9	10
<b>CHOCOLATE</b> <b>CHIP COOKIE</b> <b>100% Juice</b>	<b>DICED</b> <b>PEACHES*</b> <b>2% White Milk</b>	<b>CEREAL</b> <b>2%</b> <b>White Milk</b>	<b>BANANA*</b> <b>Non-Fat Choc.</b> <b>Milk</b>	<b>ANIMAL</b> <b>CRACKERS</b> <b>100% Fruit</b> <b>Juice*</b>		
11	12	13	14	15	16	17
<b>BANANA*</b> <b>2% White Milk</b>	<b>YOGURT</b> <b>Grape Juice*</b>	<b>CEREAL</b> <b>2%</b> <b>White Milk</b>	<b>GRAHAM</b> <b>CRACKERS</b> <b>2% Whitemilk</b>	<b>TANGERINE* &amp;</b> <b>GRAHAM</b> <b>CRACKERS</b>		
18	19	20	21	22	23	24
<b>DICED</b> <b>PEACHES*</b> <b>Non-Fat</b> <b>Chocolate Milk</b>	<b>OATMEAL</b> <b>COOKIE</b> <b>Orange Juice*</b>	<b>CEREAL</b> <b>2%</b> <b>White Milk</b>	<b>WHEAT</b> <b>CRACKERS</b> <b>W/CHEESE</b> <b>Grape Juice*</b>	<b>BANANA*</b> <b>Non-Fat Choc.</b> <b>Milk</b>		
25	26	27	28	29	30	
<b>DICED PEARS*</b> <b>Graham Crackers</b>	<b>STRING CHEESE</b> <b>Grape Juice*</b>	<b>CEREAL</b> <b>2%</b> <b>White Milk</b>	<b>BANANA*</b> <b>2% White Milk</b>	<b>YOGURT</b> <b>Apple Juice*</b>		

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## MAY 2010 - SNACK MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 <b>CHOCOLATE CHIP COOKIE</b> 100% Fruit Juice*	4 <b>DICED PEACHES*</b> 2% White Milk	5 <b>MULTIGRAIN CEREAL BAR</b> Orange Juice*	6 <b>CEREAL</b> 2% White Milk	7 <b>TANGERINE*</b> Yogurt	8
9	10 <b>YOGURT</b> Apple Juice*	11 <b>ANIMAL CRACKERS</b> Non-Fat Choc. Milk	12 <b>CEREAL</b> 2% White Milk	13 <b>MIXED FRUIT CUP*</b> Trail Mix	14 <b>SLICED MELON*</b> Yogurt	15
16	17 <b>TRAIL MIX</b> Grape Juice*	18 <b>NECTARINE*</b> Chocolate Chip Cookies	19 <b>HONEY &amp; OATS BAR</b> 100% Fruit Juice*	20 <b>NECTARINE*</b> Yogurt	21 <b>CEREAL</b> 2% White Milk	22
23	24 <b>CHOCOLATE CHIP COOKIE</b> Orange Juice*	25 <b>STRING CHEESE</b> Grape Juice*	26 <b>CEREAL</b> 2% White Milk	27 <b>GRAHAM CRACKERS</b> 2% Whitemilk	28 <b>NECTARINE*</b> Yogurt	29
30	31 <b>HOLIDAY NO FOOD SERVICE MEMORIAL DAY</b>					

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## JUNE 2010- SNACK MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
	<b>SLICED ORANGES* &amp; ANIMAL CRACKERS</b>	<b>CEREAL 2% White Milk</b>	<b>Nectarine Non-Fat Chocolate Milk</b>	<b>BANANA* 2% White Milk</b>	<b>YOGURT Grape Juice*</b>	
6	7	8	9	10	11	12
	<b>CHOCOLATE CHIP COOKIE 2% White Milk</b>	<b>DICED PEACHES* 2% White Milk</b>	<b>CEREAL 2% White Milk</b>	<b>SLICED MELON* Yogurt</b>	<b>ANIMAL CRACKERS 100% Juice*</b>	
13	14	15	16	17	18	19
	<b>BANANA* 2% White Milk</b>	<b>YOGURT Grape Juice*</b>	<b>NECTARINE* Trail Mix</b>	<b>CEREAL 2% White Milk</b>	<b>YOGURT Orange Juice*</b>	
20	21	22	23	24	25	26
27	28	29	30			

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