



WE SPEAK
ENGLISH!

ARLINGTON ELEMENTARY SCHOOL

SUMMER MEALS MENU

MAY 25 - JUNE 30, 2026

FUEL UP
FOR A
GREAT
SUMMER!



USDA NSLP NON-CONGREGATE SUMMER MEALS PROGRAM FOR CHILDREN 18 AND UNDER • 7 BREAKFASTS + 7 LUNCHES PER WEEK

All meals are USDA NSLP non-congregate, valid for ages 18 and under.
7 breakfasts and 7 lunches provided weekly. No meals on consecutive days.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25 MEMORIAL DAY NO MEALS SERVED 	26 BREAKFAST: Mini Pancakes, Fruit LUNCH: PB&J Sandwich, Carrots, Fruit	27 BREAKFAST: Cereal Bowl, Fruit LUNCH: Grilled Cheese Sandwich, Celery Sticks, Fruit	28 BREAKFAST: Muffin, Fruit LUNCH: Bean & Cheese Burrito, Carrots, Pear	29 BREAKFAST: Mini Waffles, Fruit LUNCH: Corn Dog, Carrots, Fruit	30 BREAKFAST: Cereal Bowl, Fruit LUNCH: Pizza, Carrots, Fruit	31 BREAKFAST: Granola Bar, Fruit LUNCH: Bean & Cheese Burrito, Celery Sticks, Fruit
1 BREAKFAST: Yogurt & Granola, Fruit LUNCH: Corn Dog, Carrots, Fruit	2 BREAKFAST: Cereal Bowl, Fruit LUNCH: Pizza, Carrots, Fruit	3 BREAKFAST: Granola Bar, Fruit LUNCH: Bean & Cheese Burrito, Celery Sticks, Fruit	4 BREAKFAST: Mini Pancakes, Fruit LUNCH: PB&J Sandwich, Carrots, Fruit	5 BREAKFAST: Muffin, Fruit LUNCH: Grilled Cheese Sandwich, Celery Sticks, Fruit	6 BREAKFAST: Cereal Bowl, Fruit LUNCH: Corn Dog, Carrots, Fruit	7 BREAKFAST: Granola & Yogurt, Fruit LUNCH: Grilled Cheese Sandwich, Celery Sticks, Fruit
8 BREAKFAST: Cereal Bowl, Fruit LUNCH: Bean & Cheese Burrito, Carrots, Fruit	9 BREAKFAST: Yogurt & Granola, Fruit LUNCH: Turkey & Cheese Sandwich with Baked Chips, Celery Sticks, Fruit	10 BREAKFAST: Mini Waffles, Fruit LUNCH: Quesadilla, Carrots, Fruit	11 BREAKFAST: Granola Bar, Fruit LUNCH: Bean & Cheese Burrito, Celery Sticks, Fruit	12 BREAKFAST: Cereal Bowl, Fruit LUNCH: Corn Dog, Carrots, Fruit	13 BREAKFAST: Mini Pancakes, Fruit LUNCH: Pizza, Carrots, Fruit	14 BREAKFAST: Muffin, Fruit LUNCH: Grilled Cheese Sandwich, Celery Sticks, Fruit
15 BREAKFAST: Muffin, Fruit LUNCH: Pizza, Carrots, Fruit	16 BREAKFAST: Mini Pancakes, Fruit LUNCH: Grilled Cheese Sandwich, Celery Sticks, Fruit	17 BREAKFAST: Yogurt & Granola, Fruit LUNCH: Bean & Cheese Burrito, Carrots, Fruit	18 BREAKFAST: Cereal Bowl, Fruit LUNCH: Turkey & Cheese Sandwich with Baked Chips, Celery Sticks, Fruit	19 BREAKFAST: Granola Bar, Fruit LUNCH: Quesadilla, Carrots, Fruit	20 BREAKFAST: Cereal Bowl, Fruit LUNCH: Corn Dog, Carrots, Fruit	21 BREAKFAST: Yogurt & Granola, Fruit LUNCH: Bean & Cheese Burrito, Celery Sticks, Fruit
22 BREAKFAST: Mini Waffles, Fruit LUNCH: Corn Dog, Carrots, Fruit	23 BREAKFAST: Cereal Bowl, Fruit LUNCH: Bean & Cheese Burrito, Celery Sticks, Fruit	24 BREAKFAST: Muffin, Fruit LUNCH: Pizza, Carrots, Fruit	25 BREAKFAST: Yogurt & Granola, Fruit LUNCH: Grilled Cheese Sandwich, Celery Sticks, Fruit	26 BREAKFAST: Mini Pancakes, Fruit LUNCH: Bean & Cheese Burrito, Carrots, Fruit	27 BREAKFAST: Cereal Bowl, Fruit LUNCH: Pizza, Carrots, Fruit	28 BREAKFAST: Granola Bar, Fruit LUNCH: Turkey & Cheese Sandwich with Baked Chips, Celery Sticks, Fruit
29 BREAKFAST: Cereal Bowl, Fruit LUNCH: Turkey & Cheese Sandwich with Baked Chips, Celery Sticks, Fruit	30 BREAKFAST: Granola Bar, Fruit LUNCH: Bean & Cheese Burrito, Celery Sticks, Fruit					

MEAL PATTERN REQUIREMENTS

Each meal meets USDA NSLP meal pattern requirements. Each meal includes the following components:

- BREAKFAST** (Each must include)
- ✓ 1 Grain Component
 - ✓ 1 Fruit Component
 - ✓ 1 Milk Component
- LUNCH** (Each must include)
- ✓ 1 Meat/Meat Alternate
 - ✓ 1 Grain Component
 - ✓ 1 Fruit Component
 - ✓ 1 Milk Component

DISTRIBUTION SCHEDULE

Meal pick-up times:

TUESDAYS	THURSDAYS
3 Breakfasts	4 Breakfasts
+ 3 Lunches	+ 4 Lunches
Covers 3 Days	Covers 4 Days

Menus are subject to change.

MEAL SERVICE INFORMATION

Information about this summer meal program:

- ✓ Non-Congregate Meal Service
- ✓ Food is not consumed on site
- ✓ Rural Area / Area rural
- ✓ Parent/Guardian Pick-up Allowed
- ✓ No application or registration required
- ✓ Meals available for all children 18 and under
- ✓ All meals must be taken complete and unopened
- ✓ ONE (7) breakfast and ONE (1) lunch per child per day
- ✓ Milk is included with every breakfast and lunch

USDA NSLP REQUIREMENTS

Meals are provided as no cost.

- ✓ No discrimination.
- ✓ Meals must be safe, wholesome, and appealing to children.
- ✓ Civil rights protected.
- ✓ This institution is an equal opportunity provider.

HEALTHY MEALS. HAPPY KIDS. STRONGER COMMUNITY.
HEALTHY FOOD. HEALTHY KIDS. STRONGER COMMUNITY.





Departamento de Agricultura de los Estados Unidos



ESCUELA PRIMARIA ARLINGTON

MENÚ DE COMIDAS DE VERANO

25 DE MAYO - 30 DE JUNIO DE 2026



PROGRAMA DE COMIDAS DE VERANO DEL USDA NSLP NO CONGREGADO PARA MENORES DE 18 AÑOS - 7 DESAYUNOS + 7 ALMUERZOS POR SEMANA. Todas las comidas son del USDA NSLP no congregado, válidas para menores de 18 años. Se proporcionan 7 desayunos y 7 almuerzos por semana. No hay comidas en días consecutivos.

¡HABLAMOS ESPAÑOLI!

LUNES MARTES MIÉRCOLES JUEVES VIERNES SÁBADO DOMINGO

25 DÍA DE LOS CALDOS

NO SE SIRVEN COMIDAS



1 DESAYUNO: Yogur y granola, Fruta

ALMUERZO: Corn dog, Zanahoria, Fruta

8 DESAYUNO: Cereal, Fruta

ALMUERZO: Burrito de frijoles y queso, Zanahoria, Fruta

15 DESAYUNO: Muffin, Fruta

ALMUERZO: Piza, Zanahoria, Fruta

22 DESAYUNO: Mini waffles, Fruta

ALMUERZO: Corn dog, Zanahoria, Fruta

29 DESAYUNO: Cereal, Fruta

ALMUERZO: Burrito de pavo y queso con papas horneadas, Apla, Fruta

16 DESAYUNO: Mini panqueques, Fruta

ALMUERZO: Sandwich de queso a la parrilla, Apla, Fruta

23 DESAYUNO: Cereal, Fruta

ALMUERZO: Burrito de frijoles y queso, Apla, Pera

30 DESAYUNO: Barra de granola, Fruta

ALMUERZO: Burrito de frijoles y queso con papas horneadas, Apla, Fruta

9 DESAYUNO: Yogur y granola, Fruta

ALMUERZO: Piza, Zanahoria, Fruta

10 DESAYUNO: Mini waffles, Fruta

ALMUERZO: Burrito de frijoles y queso, Apla, Pera

17 DESAYUNO: Yogur y granola, Fruta

ALMUERZO: Burrito de frijoles y queso, Zanahoria, Fruta

24 DESAYUNO: Muffin, Fruta



26 DESAYUNO: Mini panqueques, Fruta

ALMUERZO: Sandwich de queso a la parrilla, Apla, Fruta

27 DESAYUNO: Cereal, Fruta

ALMUERZO: Sandwich de queso a la parrilla, Apla, Fruta

28 DESAYUNO: Barra de granola, Fruta

ALMUERZO: Burrito de frijoles y queso, Zanahoria, Pera

29 DESAYUNO: Mini panqueques, Fruta

ALMUERZO: Sandwich de queso a la parrilla, Apla, Fruta

30 DESAYUNO: Barra de granola, Fruta

ALMUERZO: Burrito de pavo y queso con papas horneadas, Apla, Pera

6 DESAYUNO: Muffin, Fruta

ALMUERZO: Corn dog, Zanahoria, Fruta

13 DESAYUNO: Mini panqueques, Fruta

ALMUERZO: Cereal, Fruta

20 DESAYUNO: Cereal, Fruta

ALMUERZO: Corn dog, Zanahoria, Fruta

27 DESAYUNO: Cereal, Fruta

ALMUERZO: Piza, Zanahoria, Fruta

7 DESAYUNO: Granola y yogur, Fruta

ALMUERZO: Sandwich de queso a la parrilla, Apla, Fruta

14 DESAYUNO: Muffin, Fruta

ALMUERZO: Sandwich de queso a la parrilla, Apla, Fruta

21 DESAYUNO: Yogur y granola, Fruta

ALMUERZO: Burrito de frijoles y queso, Apla, Fruta

28 DESAYUNO: Barra de granola, Fruta

ALMUERZO: Burrito de pavo y queso con papas horneadas, Apla, Pera

HORARIO DE DISTRIBUCIÓN

Horarios de recogida de comidas:

MARTES

3 Desayunos +

3 Almuerzos

Ciñen 3 días

Martes - Jueves

Los menús están sujetos a cambios.

JUEVES

4 Desayunos +

4 Almuerzos

Ciñen 4 días

Jueves - Domingo

Los menús están sujetos a cambios.

INFORMACIÓN SOBRE EL SERVICIO DE COMIDAS

Información sobre este programa de comidas de verano:

- ✓ Servicio de comidas no congregado
- ✓ La comida no se consume en el sitio
- ✓ Área rural / Área rural
- ✓ Se permite el servicio de recogida para padres/tutores
- ✓ No se requiere solicitud ni inscripción
- ✓ Comidas disponibles para todos los niños menores de 18 años
- ✓ Todas las comidas deben tomarse en su totalidad y sin compartir
- ✓ UN (1) desayuno y UN (1) almuerzo por niño al día
- ✓ La leche se incluye con cada desayuno y almuerzo

REQUISITOS DEL USDA NSLP

Las comidas se proporcionan sin costo.

- ✓ No discriminación.
- ✓ Las comidas deben ser seguras, nutritivas y atractivas para los niños.
- ✓ Se protegen los derechos civiles.
- ✓ Esta institución es un proveedor de igualdad de oportunidades.



REQUISITOS DEL PATRÓN DE COMIDAS

Cada comida cumple con los requisitos del patrón de comidas del USDA NSLP.

DESAYUNO (Cada uno debe incluir)

- ✓ 1 Componente de grano
- ✓ 1 Componente de fruta
- ✓ 1 Componente de leche
- ✓ 1 Opción de carne/queso alternativa
- ✓ 1 Componente de grano
- ✓ 2 Componentes de vegetales
- ✓ 1 Componente de fruta
- ✓ 1 Componente de leche

COMIDAS SALUDABLES. NIÑOS FELICES. COMUNIDAD MÁS FUERTE.

