

Summer Menu/Breakfast & Lunch
 PBJ Sandwich
 as an alternative choice for lunch
 Milk offered daily w/Breakfast & Lunch
 "This institution is an equal opportunity
 provider"

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p><u>Menus subject to change</u></p> <p><u>This menu for:</u> YMCA</p>	<p><u>Serving Times:</u> Breakfast 9:00-10:00 Lunch 11-12:30</p>	<p>Free Meals for Ages 1-18</p>		
<p>3 <i>First Day</i> Oatmeal Bar, Cereal, Milk Fruit Juice or Fruit of the day Turkey or Ham Sub/Bun Bag of Chips, Fresh Veggies Apple Sauce cup</p>	<p>4 String Cheese, Cereal, Milk Fruit Juice or Fruit of the day Chef Salad, w/ cracker Yogurt Fresh Veggies, Fresh Fruit</p>	<p>5 Yogurt, Cereal, Milk Fruit Juice or Fruit of the day Sloppy Joe/Bun Bag of Chips , Pickle Spear Cup of Fruit</p>	<p>6 String Cheese, Cereal, Milk Fruit Juice or Fruit of the day Chicken Nuggets Side Salad, Fresh Veggies Sliced Peaches</p>	<p>7 Oatmeal Bar, Cereal, Milk Fruit Juice or Fruit of the day Ham or Turkey Sub/Bun Bag of Chips, Fresh Veggies & Fresh Fruit</p>
<p>10 Oatmeal Bar, Cereal, Milk Fruit Juice or Fruit of the day Turkey or Ham Sub/Bun Bag of Chips, Fresh Veggies Apple Sauce cup</p>	<p>11 String Cheese, Cereal, Milk Fruit Juice or Fruit of the day Chef Salad, w/ cracker Yogurt Fresh Veggies, Fresh Fruit</p>	<p>12 Yogurt, Cereal, Milk Fruit Juice or Fruit of the day Sloppy Joe/Bun Bag of Chips , Pickle Spear Cup of Fruit</p>	<p>13 String Cheese, Cereal, Milk Fruit Juice or Fruit of the day Chicken Nuggets Side Salad, Fresh Veggies Sliced Peaches</p>	<p>14 Oatmeal Bar, Cereal, Milk Fruit Juice or Fruit of the day Ham or Turkey Sub/Bun Bag of Chips, Fresh Veggies & Fresh Fruit</p>
<p>17 Oatmeal Bar, Cereal, Milk Fruit Juice or Fruit of the day Turkey or Ham Sub/Bun Bag of Chips, Fresh Veggies Apple Sauce cup</p>	<p>18 String Cheese, Cereal, Milk Fruit Juice or Fruit of the day Chef Salad, w/ cracker Yogurt Fresh Veggies, Fresh Fruit</p>	<p>19 Yogurt, Cereal, Milk Fruit Juice or Fruit of the day Sloppy Joe/Bun Bag of Chips , Pickle Spear Cup of Fruit</p>	<p>20 String Cheese, Cereal, Milk Fruit Juice or Fruit of the day Chicken Nuggets Side Salad, Fresh Veggies Sliced Peaches</p>	<p>21 Oatmeal Bar, Cereal, Milk Fruit Juice or Fruit of the day Ham or Turkey Sub/Bun Bag of Chips, Fresh Veggies & Fresh Fruit</p>
<p>24 Oatmeal Bar, Cereal, Milk Fruit Juice or Fruit of the day Turkey or Ham Sub/Bun Bag of Chips, Fresh Veggies Apple Sauce cup</p>	<p>25 String Cheese, Cereal, Milk Fruit Juice or Fruit of the day Chef Salad, w/ cracker Yogurt Fresh Veggies, Fresh Fruit</p>	<p>26 Yogurt, Cereal, Milk Fruit Juice or Fruit of the day Sloppy Joe/Bun Bag of Chips , Pickle Spear Cup of Fruit</p>	<p>27 String Cheese, Cereal, Milk Fruit Juice or Fruit of the day Chicken Nuggets Side Salad, Fresh Veggies Sliced Peaches</p>	<p>28 Oatmeal Bar, Cereal, Milk Fruit Juice or Fruit of the day Ham or Turkey Sub/Bun Bag of Chips, Fresh Veggies & Fresh Fruit</p>
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