

FREE SUMMER MEALS PROGRAM 2017

THE MENU MAY CHANGE AT ANYTIME WITHOUT NOTICE

ALL MEALS ARE PREPARED AND PACKAGED IN A KITCHEN WHERE THEY MAY COME IN CONTACT WITH PEANUTS

BREAKFAST MENU

A VARIETY OF THESE CEREAL PACKS WILL BE OFFERED DAILY WITH MILK

COCOA PUFFS
CEREAL

WHOLE GRAIN
MAPLE GRAHAMS

100% APPLE JUICE

LOW FAT MILK

CINNAMON TOAST
CRUNCH CEREAL

WHOLE GRAIN
HONEY GRAHAMS

100% ORANGE TANGARINE JUICE

LOW FAT MILK

HONEY NUT
CHEERIOS CEREAL

WHOLE GRAIN
APPLE GRAHAMS

100% APPLE JUICE

LOW FAT MILK

FRUITY TRIX
CEREAL

WHOLE GRAIN
STRAWBERRY GRAHAMS

100% ORANGE TANGARINE JUICE

LOW FAT MILK

LUCKY CHARMS
CEREAL

WHOLE GRAIN
CINNAMON GRAHAMS

100% ORANGE APPLE JUICE

LOW FAT MILK

LUNCH MENU

| MONDAY 6/19 | TUESDAY 6/20 | WEDNESDAY 6/21 | THURSDAY 6/22 | FRIDAY 6/23 |
|---|---|--|---|---|
| BAGEL W/ PEANUT BUTTER OR CREAM CHEESE RAISINS FRESH CRISP APPLE LOWFAT MILK OR PEANUT BUTTER & JELLY SANDWICH RAISINS FRESH CRISP APPLE LOWFAT MILK | TORTILLA CHIPS & SALSA CHEDDAR CHEESE STICKS FRESH BROCCOLI TOPS STRAWBERRY CUP LOWFAT MILK OR PEANUT BUTTER & JELLY SANDWICH FRESH BROCCOLI TOPS STRAWBERRY CUP LOWFAT MILK | DELI TURKEY & CHEESE ON A KAISER ROLL FRESH BABY CARROTS CRANBERRY SAUCE LOWFAT MILK OR PEANUT BUTTER & JELLY SANDWICH FRESH BABY CARROTS CRANBERRY SAUCE LOWFAT MILK | SOFT PRETZEL SUNFLOWER SEEDS FRESH CUCUMBER APPLESAUCE LOWFAT MILK OR PEANUT BUTTER & JELLY SANDWICH FRESH CUCUMBER APPLESAUCE LOWFAT MILK | DELI CHICKEN & CHEESE IN A SOFT TORTILLA FRESH CELERY STICKS BLUEBERRY CUP LOWFAT MILK OR PEANUT BUTTER & JELLY SANDWICH FRESH CELERY STICKS BLUEBERRY CUP LOWFAT MILK |

| MONDAY 6/26 | TUESDAY 6/27 | WEDNESDAY 6/28 | THURSDAY 6/29 | FRIDAY 6/30 |
|--|--|--|---|--|
| STRAWBERRY YOGURT GRAHAM CRACKERS DRIED CRANBERRIES 100% FRUIT JUICE LOWFAT MILK OR PEANUT BUTTER & JELLY SANDWICH GRAHAM CRACKERS & DRIED CRANBERRY 100% FRUIT JUICE LOWFAT MILK | CRISPY CRACKERS SUNBUTTER FRESH PEAS DRIED CHERRIES LOWFAT MILK OR PEANUT BUTTER & JELLY SANDWICH FRESH PEAS DRIED CHERRIES LOWFAT MILK | DELI HAM & CHEESE ON A SUB ROLL FRESH BROCCOLI TOPS STRAWBERRY CUP LOWFAT MILK OR PEANUT BUTTER & JELLY SANDWICH FRESH BROCCOLI TOPS STRAWBERRY CUP LOWFAT MILK | TORTILLA CHIPS & SALSA CHEDDAR CHEESE STICKS FRESH BABY CARROTS CRANBERRY SAUCE LOWFAT MILK OR PEANUT BUTTER & JELLY SANDWICH FRESH BABY CARROTS CRANBERRY SAUCE LOWFAT MILK | DELI TURKEY & CHEESE ON A KAISER ROLL FRESH CUCUMBER APPLESAUCE LOWFAT MILK OR PEANUT BUTTER & JELLY SANDWICH FRESH CUCUMBER APPLESAUCE LOWFAT MILK |

| MONDAY 7/3 | TUESDAY 7/4 | WEDNESDAY 7/5 | THURSDAY 7/6 | FRIDAY 7/7 |
|---|----------------|---|--|--|
| BAGEL W/ PEANUT BUTTER OR CREAM CHEESE RAISINS FRESH CRISP APPLE LOWFAT MILK OR PEANUT BUTTER & JELLY SANDWICH RAISINS FRESH CRISP APPLE LOWFAT MILK | HOLIDAY | DELI CHICKEN & CHEESE IN A SOFT TORTILLA FRESH PEAS DRIED CHERRIES LOWFAT MILK OR PEANUT BUTTER & JELLY SANDWICH FRESH PEAS DRIED CHERRIES LOWFAT MILK | CRISPY CRACKERS SUNBUTTER FRESH BROCCOLI TOPS STRAWBERRY CUP LOWFAT MILK OR PEANUT BUTTER & JELLY SANDWICH FRESH BROCCOLI TOPS STRAWBERRY CUP LOWFAT MILK | DELI HAM & CHEESE ON A SUB ROLL FRESH BABY CARROTS CRANBERRY SAUCE LOWFAT MILK OR PEANUT BUTTER & JELLY SANDWICH FRESH BABY CARROTS CRANBERRY SAUCE LOWFAT MILK |

| MONDAY 7/10 | TUESDAY 7/11 | WEDNESDAY 7/12 | THURSDAY 7/13 | FRIDAY 7/14 |
|--|---|--|---|---|
| STRAWBERRY YOGURT GRAHAM CRACKERS DRIED CRANBERRIES 100% FRUIT JUICE LOWFAT MILK OR PEANUT BUTTER & JELLY SANDWICH GRAHAM CRACKERS & DRIED CRANBERRY 100% FRUIT JUICE LOWFAT MILK | TORTILLA CHIPS & SALSA CHEDDAR CHEESE STICKS FRESH CUCUMBER APPLESAUCE LOWFAT MILK OR PEANUT BUTTER & JELLY SANDWICH FRESH CUCUMBER APPLESAUCE LOWFAT MILK | DELI TURKEY & CHEESE ON A KAISER ROLL FRESH CELERY STICKS BLUEBERRY CUP LOWFAT MILK OR PEANUT BUTTER & JELLY SANDWICH FRESH CELERY STICKS BLUEBERRY CUP LOWFAT MILK | SOFT PRETZEL SUNFLOWER SEEDS FRESH PEAS DRIED CHERRIES LOWFAT MILK OR PEANUT BUTTER & JELLY SANDWICH FRESH PEAS DRIED CHERRIES LOWFAT MILK | DELI CHICKEN & CHEESE IN A SOFT TORTILLA FRESH BROCCOLI TOPS STRAWBERRY CUP LOWFAT MILK OR PEANUT BUTTER & JELLY SANDWICH FRESH BROCCOLI TOPS STRAWBERRY CUP LOWFAT MILK |

| MONDAY 7/17 | TUESDAY 7/18 | WEDNESDAY 7/19 | THURSDAY 7/20 | FRIDAY 7/21 |
|---|--|--|---|--|
| BAGEL W/ PEANUT BUTTER OR CREAM CHEESE RAISINS FRESH CRISP APPLE LOWFAT MILK OR PEANUT BUTTER & JELLY SANDWICH RAISINS FRESH CRISP APPLE LOWFAT MILK | CRISPY CRACKERS SUNBUTTER FRESH BABY CARROTS CRANBERRY SAUCE LOWFAT MILK OR PEANUT BUTTER & JELLY SANDWICH FRESH BABY CARROTS CRANBERRY SAUCE LOWFAT MILK | DELI HAM & CHEESE ON A SUB ROLL FRESH CUCUMBER APPLESAUCE LOWFAT MILK OR PEANUT BUTTER & JELLY SANDWICH FRESH CUCUMBER APPLESAUCE LOWFAT MILK | TORTILLA CHIPS & SALSA CHEDDAR CHEESE STICKS FRESH CELERY STICKS BLUEBERRY CUP LOWFAT MILK OR PEANUT BUTTER & JELLY SANDWICH FRESH CELERY STICKS BLUEBERRY CUP LOWFAT MILK | DELI TURKEY & CHEESE ON A KAISER ROLL FRESH PEAS DRIED CHERRIES LOWFAT MILK OR PEANUT BUTTER & JELLY SANDWICH FRESH PEAS DRIED CHERRIES LOWFAT MILK |

| MONDAY 7/24 | TUESDAY 7/25 | WEDNESDAY 7/26 | THURSDAY 7/27 | FRIDAY 7/28 |
|--|---|---|--|--|
| STRAWBERRY YOGURT GRAHAM CRACKERS DRIED CRANBERRIES 100% FRUIT JUICE LOWFAT MILK OR PEANUT BUTTER & JELLY SANDWICH GRAHAM CRACKERS & DRIED CRANBERRY 100% FRUIT JUICE LOWFAT MILK | SOFT PRETZEL SUNFLOWER SEEDS FRESH BROCCOLI TOPS STRAWBERRY CUP LOWFAT MILK OR PEANUT BUTTER & JELLY SANDWICH FRESH BROCCOLI TOPS STRAWBERRY CUP LOWFAT MILK | DELI CHICKEN & CHEESE IN A SOFT TORTILLA FRESH BABY CARROTS CRANBERRY SAUCE LOWFAT MILK OR PEANUT BUTTER & JELLY SANDWICH FRESH BABY CARROTS CRANBERRY SAUCE LOWFAT MILK | CRISPY CRACKERS SUNBUTTER FRESH CUCUMBER APPLESAUCE LOWFAT MILK OR PEANUT BUTTER & JELLY SANDWICH FRESH CUCUMBER APPLESAUCE LOWFAT MILK | DELI HAM & CHEESE ON A SUB ROLL FRESH CELERY STICKS BLUEBERRY CUP LOWFAT MILK OR PEANUT BUTTER & JELLY SANDWICH FRESH CELERY STICKS BLUEBERRY CUP LOWFAT MILK |

| MONDAY 7/31 | TUESDAY 8/1 | WEDNESDAY 8/2 | THURSDAY 8/3 | FRIDAY 8/4 |
|---|---|--|---|---|
| BAGEL W/ PEANUT BUTTER OR CREAM CHEESE RAISINS FRESH CRISP APPLE LOWFAT MILK OR PEANUT BUTTER & JELLY SANDWICH RAISINS FRESH CRISP APPLE LOWFAT MILK | TORTILLA CHIPS & SALSA CHEDDAR CHEESE STICKS FRESH PEAS DRIED CHERRIES LOWFAT MILK OR PEANUT BUTTER & JELLY SANDWICH FRESH PEAS DRIED CHERRIES LOWFAT MILK | DELI TURKEY & CHEESE ON A KAISER ROLL FRESH BROCCOLI TOPS STRAWBERRY CUP LOWFAT MILK OR PEANUT BUTTER & JELLY SANDWICH FRESH BROCCOLI TOPS STRAWBERRY CUP LOWFAT MILK | SOFT PRETZEL SUNFLOWER SEEDS FRESH BABY CARROTS CRANBERRY SAUCE LOWFAT MILK OR PEANUT BUTTER & JELLY SANDWICH FRESH BABY CARROTS CRANBERRY SAUCE LOWFAT MILK | DELI CHICKEN & CHEESE IN A SOFT TORTILLA FRESH CUCUMBER APPLESAUCE LOWFAT MILK OR PEANUT BUTTER & JELLY SANDWICH FRESH CUCUMBER APPLESAUCE LOWFAT MILK |