



Summer Lunch - Woodland/YMCA/Quinnesec Park

July 2022 Menu



Breakfast Served:
Woodland: 8:00-9:30
KMS: 7:30-9:30

Lunch Served:
Woodland: 11:15-12:30, **KMS:** 10:45-1:00
YMCA: 11:15-12:30
Quinnesec Park: 11:15-12:45

NOTE: KMS will have a different lunch menu and only meets Monday-Thursday.

Free Meals for children 18 years old and under

| | | | Friday 1 | |
|-------------------------|---------------------|--------------------------|---|--|
| Available Daily: | ADULT MEALS: | MEALS SERVED | 1% WHITE MILK | |
| PBJ | Breakfast \$3.00 | JUNE 6- AUGUST 12 | 1% CHOCOLATE MILK | |
| Hamburger | Lunch \$5.25 | | FAT FREE WHITE MILK | |
| FREE SUMMER PROGRAM | | | No Meals from July 1st thru 4th. See you on July 5th. | |

| Monday 4 | Tuesday 5 | Wednesday 6 | Thursday 7 | Friday 8 |
|----------|---------------------|------------------|----------------|--------------------------------|
| | French Toast Sticks | Chicken Nuggets | Walking Taco's | Philly Steak & Cheese Sandwich |
| | Sausage | Buttered Noodles | Refried Beans | Romaine Lettuce Salad |
| | Cherry Smoothie | Fresh Broccoli | Fresh Grapes | Fresh Oranges |
| | Applesauce | Bananas | Salad Bar | Salad Bar |
| | Salad Bar | Salad Bar | Milk | Milk |
| | Milk | Milk | | |
| | | | | |

| Monday 11 | Tuesday 12 | Wednesday 13 | Thursday 14 | Friday 15 |
|------------------|---------------|----------------------------|------------------|-----------------------|
| Mac & Cheese | Pizza | Chicken Patty | Mighty Rib | Tangerine Chicken |
| Peas and Carrots | Fresh Carrots | Broccoli with Cheese Sauce | Apple Slices | Rice |
| Salad Bar | Fresh Melon | Bananas | Roasted Potatoes | Key West Blend Veggie |
| Fresh Grapes | Salad Bar | Salad Bar | Salad Bar | Mandarin Oranges |
| Milk | Milk | Milk | Milk | Salad Bar |
| | | | | Milk |
| | | | | |

| Monday 18 | Tuesday 19 | Wednesday 20 | Thursday 21 | Friday 22 |
|--------------|-------------------------|---------------|-----------------------|----------------------------|
| Sloppy Joe's | Grilled Cheese Sandwich | Taco's | Pizza Burgers | Cheese Ravioli & Meatballs |
| Green Beans | Steamed Broccoli | Refried Beans | Riviera Blend Veggies | Red Sauce |
| Peaches | Fresh Apples | Salsa | Chilled Pears | Fresh Melon |
| Salad Bar | Salad Bar | Mixed Fruit | Salad Bar | Salad Bar |
| Milk | Milk | Salad Bar | Milk | Milk |
| | | Milk | | |
| | | | | |

| Monday 25 | Tuesday 26 | Wednesday 27 | Thursday 28 | Friday 29 |
|-----------------------|---------------|----------------------|----------------|-----------------------|
| Chicken Tenders | Hot Dogs | Pancakes and Sausage | Cheese Burgers | Toasted Sub |
| Mashed Potatoes/Gravy | Baked Beans | Dragon Juice | Steamed Corn | Key West Blend Veggie |
| Romaine Lettuce Salad | Fresh Berries | Fresh Banana's | Fresh Pears | Fresh Apple |
| Applesauce | Salad Bar | Salad Bar | Salad Bar | Salad Bar |
| Salad Bar | Milk | Milk | Milk | Milk |
| Milk | | | | |
| | | | | |

This institution is an equal opportunity employer and provider