

Door County YMCA – Summer Food Menu

Weeks of June 8th, July 6th, August 3rd, (Week 1)

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SNACK					
Fruit	<i>Pineapple</i>	<i>Cheerios</i>	<i>Waffle</i>	<i>Pancake</i>	<i>Cream Cheese Bagel</i>
Bread/Grain	<i>Banana Muffin</i>	<i>Apple</i>	<i>Mixed Fruit</i>	<i>Mango Smoothie</i>	<i>Orange</i>
Extra Food		<i>Milk</i>			
LUNCH ENTREE	<i>Sub Sandwich</i>	<i>Chicken Salad Sandwiches</i>	<i>Taco Salad</i>	<i>Turkey Wrap</i>	<i>Ham Sandwich</i>
Milk	<i>Milk 1 %</i>	<i>Milk 1 %</i>	<i>Milk 1 %</i>	<i>Milk 1 %</i>	<i>Milk 1 %</i>
Meat/Meat Alternative	<i>Turkey/Ham/Cheese</i>	<i>Diced Chicken</i>	<i>Ground Beef</i>	<i>Sliced Turkey</i>	<i>Ham</i>
Vegetable	<i>Baby Carrots/Lettuce</i>	<i>Cucumbers</i>	<i>Lettuce/Tomatoes</i>	<i>Lettuce/Broccoli</i>	<i>Cucumbers</i>
Fruit	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>
Bread/Grain	<i>WW Bread</i>	<i>Crescents</i>	<i>WW Tortilla Chips</i>	<i>Whole Wheat Tortilla</i>	<i>WW Bread</i>
Extra Food					
AFTERNOON SNACK: Choose 2 Food Groups	<i>Goldfish Crackers String Cheese</i>	<i>Pretzels w/Bananas</i>	<i>Bagels w/ Cream Cheese Oranges</i>	<i>Seasoned Oyster Crackers Applesauce</i>	<i>Apples w/Peanut Butter</i>