

Door County YMCA – Summer Food Menu

Weeks of June 15th, July 13th, August 10th (Week 2)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SNACK					
Fruit	<i>Orange</i>	<i>Pineapple</i>	<i>Mixed Fruit</i>	<i>Mango Smoothie</i>	<i>Apple</i>
Bread/Grain	<i>Blueberry Muffin</i>	<i>Bagel</i>	<i>Pancake</i>	<i>Banana Muffin</i>	<i>Cheerios</i>
Extra Food					<i>Milk</i>
LUNCH ENTREE	<i>Turkey & Swiss Sandwich</i>	<i>Black Bean Nacho's</i>	<i>Italian Sub</i>	<i>Chicken Wrap</i>	<i>Barbecue Pork 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>Sliced Turkey</i>	<i>Black Beans</i>	<i>Ham / Salami</i>	<i>Diced Chicken</i>	<i>Pork</i>
Vegetable	<i>Celery</i>	<i>Lettuce/corn</i>	<i>Baby Carrots</i>	<i>Mixed Veggies</i>	<i>Carrots, Cauliflower, Broccoli</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>Whole Wheat Bread</i>	<i>Whole Wheat Tortilla Chip</i>	<i>WW Sub Bun</i>	<i>Whole Wheat Tortilla</i>	<i>Pretzel Bun</i>
Extra Food					
AFTERNOON SNACK: Choose 2 Food Groups	<i>Graham Crackers Banana</i>	<i>Wheat Thins Cottage Cheese</i>	<i>Cheez-It's w/ Apple</i>	<i>Salami w/ Ritz Crackers</i>	<i>Cheese Slices w/Saltine Crackers</i>

