

## Door County YMCA – Summer Food Menu

Weeks of June 22nd, July 20<sup>th</sup>, August 17<sup>th</sup> (Week 3)

<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>MORNING SNACK</b>					
<b>Fruit</b>	<i>Banana</i>	<i>Orange</i>	<i>Banana</i>	<i>Apple</i>	<i>Pineapple</i>
<b>Bread/Grain</b>	<i>Pancake or Waffle</i>	<i>Banana Muffin</i>	<i>Cheerios</i>	<i>Cream Cheese Bagel</i>	<i>Blueberry Muffin</i>
<b>Extra Food</b>			<i>Milk</i>		
<b>LUNCH ENTREE</b>	<i>Ham and Cheese Sandwich</i>	<i>BLT &amp; Turkey Wrap</i>	<i>BBQ Chicken Salad</i>	<i>Turkey Sandwich</i>	<i>Ham &amp; cheese Ranch Pasta Salad</i>
<b>Milk</b>	<i>Milk 1 %</i>	<i>Milk 1 %</i>	<i>Milk 1 %</i>	<i>Milk 1 %</i>	<i>Milk 1 %</i>
<b>Meat/Meat Alternative</b>	<i>Ham</i>	<i>Sliced Turkey Bacon</i>	<i>Shredded Chicken</i>	<i>Turkey/Cheese</i>	<i>Ham &amp; Cheese</i>
<b>Vegetable</b>	<i>Baby Carrots</i>	<i>Sliced Cucumbers</i>	<i>Lettuce/Corn</i>	<i>Lettuce/Baby Carrots</i>	<i>Broccoli/Cauliflower</i>
<b>Fruit</b>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>
<b>Bread/Grain</b>	<i>WW Bread</i>	<i>Whole Wheat Tortilla</i>	<i>Dinner Roll</i>	<i>Whole Wheat Bread</i>	<i>Elbow Noodles</i>
<b>Extra Food</b>					
<b>AFTERNOON SNACK:</b>  <b>Choose 2 Food Groups</b>	<i>Bagels w/Peanut Butter</i>	<i>Pretzels w/String Cheese</i>	<i>Chex Mix Fresh Veggies</i>	<i>Salsa Tortilla Chips</i>	<i>Graham Crackers w/Oranges</i>