

Door County YMCA – Summer Food Menu

Weeks of June 29th, July 27th, (Week 4)

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SNACK					
Fruit	<i>Mixed Fruit</i>	<i>Pineapple</i>	<i>Apple</i>	<i>Orange</i>	<i>Apple</i>
Bread/Grain	<i>Pancake</i>	<i>Waffle</i>	<i>Cream Cheese Bagel</i>	<i>Blueberry Muffin</i>	<i>Cheerios</i>
Extra Food					<i>Milk</i>
LUNCH ENTREE	<i>Ham Sandwich</i>	<i>Chicken Nacho's</i>	<i>Roast Beef/Turkey Crescent</i>	<i>Italian Pasta Salad</i>	<i>Sub 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 Ham</i>	<i>Shredded Chicken</i>	<i>Sliced Roast Beef/Turkey</i>	<i>Chicken</i>	<i>Turkey/Ham/Cheese</i>
Vegetable	<i>Lettuce / Carrots</i>	<i>Lettuce/Tomato</i>	<i>Mixed Fresh Vegetables</i>	<i>Tomatoes/Baby Carrots</i>	<i>Cucumbers/Lettuce</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>Tortilla Chips</i>	<i>Crescent</i>	<i>Tortilla Wraps</i>	<i>Sub Buns</i>
Extra Food					
AFTERNOON SNACK: Choose 2 Food Groups	<i>Cheese Slices Ritz Crackers</i>	<i>Banana Muffin w/ Apple</i>	<i>Sun Chips Banana</i>	<i>Rice Cake String Cheese</i>	<i>Seasoned Oysters Oranges</i>