

	Week One	MONDAY, JUNE 1	TUESDAY, JUNE 2	WEDNESDAY, JUNE 3	THURSDAY, JUNE 4	FRIDAY, JUNE 5
LUNCH	Milk All Ages 8oz carton LF Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 2oz	Soynut Butter 2ea=2.2oz Jelly 1ea	Turkey 2.25oz w/ Mayo & Mustard Packet	Wg Chicken Nugget* 5ea w/ Ranch & BBQ Sauce Packet	Chicken Breast (3oz) w/ Mayo & Mustard Packet	Soynut Butter 2ea=2.2oz Jelly 1ea
	Vegetable/Fruit 1/2cup	Pineapple	Banana	Broccoli w/Ranch	Carrot & Celery w/ Ranch Drs	V8 Juice 5.5oz
	Vegetable/Fruit 1/4c	Broccoli w/ Dressing	Cucumber w/Italian	Pineapple	Grapes	CranRaisin
	Grains 1 slice or 1oz eq	WG Roll(1oz eq)	10" WW Tortilla =71gm or 2oz eq	1oz Grain from Nugget**	Wg Bun (1oz eq)	WG Roll(1oz eq)
SNACK	Meat/Meat Alternate 1oz	String Cheese		IW Cheddar Block		
	Veg/Fruit 3/4c		100% Apple Juice 6oz		CranRaisin	Banana
	Grains 1oz	WG Graham Cracker 2pk=1ozeq	Enriched Pretzels	Enriched Saltines Crackers (4pkts)	Wg Animal Cracker (1oz eq)	WG Oat Cereal Bar (1.5oz)

CN Label for *

- Milk must be served with every breakfast, lunch and supper meal. Milk must be served with snack when indicated. Children one year of age must be served unflavored whole milk. Children two through five years old must be served either unflavored lowfat (1 percent) or unflavored fat-free (skim) milk. Children six years old and older must be served unflavored or flavored lowfat (1 percent) or fat-free (skim) milk.
- Mayo/Mustard/Ranch packets will be available as requested for meals indicated above.
- This institution is an equal opportunity provider.

	Week Two	MONDAY, JUNE 8	TUESDAY, JUNE 9	WEDNESDAY, JUNE 10	THURSDAY, JUNE 11	FRIDAY, JUNE 12
LUNCH	Milk Ages All Ages 8oz Carton Non-Flavor	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 2oz	Soynut Butter 2ea=2.2oz	Turkey 2.75oz w/ Mustard & Mayo Packet	Taco Beef 2oz Shred. Ched .5oz	Cheese Pizza Wrap	Tuna Salad Kit
	Vegetable/Fruit 1/2c	Veg Cup	Carrots w/ Ranch	Corn	Broccoli w/Italain	V8 Juice 5.5oz
	Vegetable/Fruit 1/4c	Applesauce	Grapes	Shred Let/Dice Tomato (1/3c)	Orange	CranRaisin
	Grains 1 slice or 1oz eq	Wg Animal Cracker 1oz eq	WG Bread 1ea = 1oz eq	WG Tortilla Chip 1oz	WG 10" Tortilla	Wg Roll 1ea=32gm
SNACK	Meat/Meat Alternate 1oz		String Cheese	Beef Stick		
	Veg/Fruit 3/4c	CranRaisin			Banana	100% Apple Juice 6oz
	Grains 1oz	Enriched Cheddar Goldfish	Enriched Chex Mix 1oz	Enriched Wheat Twin 4pk	Wg Cheez It	WG Popcorn 1oz

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	Week One	MONDAY, JUNE 15	TUESDAY, JUNE 16	WEDNESDAY, JUNE 17	THURSDAY, JUNE 18	FRIDAY, JUNE 19
LUNCH	Milk All Ages 8oz carton LF Milk	Milk	Milk	Milk	Milk	NO CAMP – YMCA CLOSED
	Meat/Meat Alternate 2oz	Soynut Butter 2ea=2.2oz Jelly 1ea	Turkey 2.75oz w/ Mayo & Mustard Packet	Wg Chicken Nugget* 5ea w/ Ranch & BBQ Sauce Packet	Tuna Salad Kit	
	Vegetable/Fruit 1/2cup	Applesauce	Banana	Broccoli w/Ranch	V8 Juice 5.5oz	
	Vegetable/Fruit 1/4c	Veg Cup 1/2c	Cucumber w/Italian	Pineapple	CranRaisin	
	Grains 1 slice or 1oz eq	Hamburger Bun 4”	10” WW Tortilla =71gm or 2oz eq	1oz Grain from Nugget**	WG Roll(1oz eq)	
SNACK	Meat/Meat Alternate 1oz	String Cheese		IW Cheddar Block		NO CAMP – YMCA CLOSED
	Veg/Fruit 3/4c		100% Apple Juice 6oz		CranRaisin	
	Grains 1oz	WG Graham Cracker 2pk=1ozeq	Enriched Pretzels	Enriched Saltines Crackers (4pkts)	Wg Animal Cracker (1oz eq)	

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	Week Two	MONDAY, JUNE 22	TUESDAY, JUNE 23	WEDNESDAY, JUNE 24	THURSDAY, JUNE 25	FRIDAY, JUNE 26
LUNCH	Milk Ages All Ages 8oz Carton Non-Flavor	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 2oz	Soynut Butter 2ea=2.2oz	Turkey 2.75oz w/ Mustard & Mayo Packet	Taco Beef 2oz Shred. Ched .5oz	Cheese Pizza Wrap	Tuna Salad Kit
	Vegetable/Fruit 1/2c	Veg Cup	Carrots w/ Ranch	Corn	Broccoli w/Italain	V8 Juice 5.5oz
	Vegetable/Fruit 1/4c	Applesauce	Grapes	Shred Let/Dice Tomato (1/3c)	Orange	CranRaisin
	Grains 1 slice or 1oz eq	Wg Animal Cracker 1oz eq	WG Bread 1ea = 1oz eq	WG Tortilla Chip 1oz	WG 10" Tortilla	Wg Roll 1ea=32gm
SNACK	Meat/Meat Alternate 1oz		String Cheese	Beef Stick		
	Veg/Fruit 3/4c	CranRaisin			Banana	100% Apple Juice 6oz
	Grains 1oz	Enriched Cheddar Goldfish	Enriched Chex Mix 1oz	Enriched Wheat Twin 4pk	Wg Cheez It	WG Popcorn 1oz

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	Week One	MONDAY, JUNE 29	TUESDAY, JUNE 30	WEDNESDAY, JULY 1	THURSDAY, JULY 2	FRIDAY, JULY 3
LUNCH	Milk All Ages 8oz carton LF Milk	Milk	Milk	Milk	Milk	NO CAMP – YMCA CLOSED
	Meat/Meat Alternate 2oz	Soynut Butter 2ea=2.2oz Jelly 1ea	Turkey 2.75oz w/ Mayo & Mustard Packet	Wg Chicken Nugget* 5ea w/ Ranch & BBQ Sauce Packet	Tuna Salad Kit	
	Vegetable/Fruit 1/2cup	Applesauce	Banana	Broccoli w/Ranch	V8 Juice 5.5oz	
	Vegetable/Fruit 1/4c	Veg Cup 1/2c	Cucumber w/Italian	Pineapple	CranRaisin	
	Grains 1 slice or 1oz eq	Hamburger Bun 4”	10” WW Tortilla =71gm or 2oz eq	1oz Grain from Nugget**	WG Roll(1oz eq)	
SNACK	Meat/Meat Alternate 1oz	String Cheese		IW Cheddar Block		NO CAMP – YMCA CLOSED
	Veg/Fruit 3/4c		100% Apple Juice 6oz		CranRaisin	
	Grains 1oz	WG Graham Cracker 2pk=1ozeq	Enriched Pretzels	Enriched Saltines Crackers (4pkts)	Wg Animal Cracker (1oz eq)	

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	Week Two	MONDAY, JULY 6	TUESDAY, JULY 7	WEDNESDAY, JULY 8	THURSDAY, JULY 9	FRIDAY, JULY 10
LUNCH	Milk Ages All Ages 8oz Carton Non-Flavor	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 2oz	Soynut Butter 2ea=2.2oz	Turkey 2.75oz w/ Mustard & Mayo Packet	Taco Beef 2oz Shred. Ched .5oz	Cheese Pizza Wrap	Tuna Salad Kit
	Vegetable/Fruit 1/2c	Veg Cup	Carrots w/ Ranch	Corn	Broccoli w/Italain	V8 Juice 5.5oz
	Vegetable/Fruit 1/4c	Applesauce	Grapes	Shred Let/Dice Tomato (1/3c)	Orange	CranRaisin
	Grains 1 slice or 1oz eq	Wg Animal Cracker 1oz eq	WG Bread 1ea = 1oz eq	WG Tortilla Chip 1oz	WG 10" Tortilla	Wg Roll 1ea=32gm
SNACK	Meat/Meat Alternate 1oz		String Cheese	Beef Stick		
	Veg/Fruit 3/4c	CranRaisin			Banana	100% Apple Juice 6oz
	Grains 1oz	Enriched Cheddar Goldfish	Enriched Chex Mix 1oz	Enriched Wheat Twin 4pk	Wg Cheez It	WG Popcorn 1oz

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	Week One	MONDAY, JULY 13	TUESDAY, JULY 14	WEDNESDAY, JULY 15	THURSDAY, JULY 16	FRIDAY, JULY 17
LUNCH	Milk All Ages 8oz carton LF Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 2oz	Soynut Butter 2ea=2.2oz Jelly 1ea	Turkey 2.75oz w/ Mayo & Mustard Packet	Wg Chicken Nugget* 5ea w/ Ranch & BBQ Sauce Packet	Chicken Breast (3oz) w/ Mayo & Mustard Packet	Tuna Salad Kit
	Vegetable/Fruit 1/2cup	Applesauce	Banana	Broccoli w/Ranch	Carrot & Celery w/ Ranch Drs	V8 Juice 5.5oz
	Vegetable/Fruit 1/4c	Veg Cup 1/2c	Cucumber w/Italian	Pineapple	Grapes	CranRaisin
	Grains 1 slice or 1oz eq	Hamburger Bun 4"	10" WW Tortilla =71gm or 2oz eq	1oz Grain from Nugget**	Wg Bun (1oz eq)	WG Roll(1oz eq)
SNACK	Meat/Meat Alternate 1oz	String Cheese		IW Cheddar Block		
	Veg/Fruit 3/4c		100% Apple Juice 6oz		CranRaisin	Banana
	Grains 1oz	WG Graham Cracker 2pk=1ozeq	Enriched Pretzels	Enriched Saltines Crackers (4pkts)	Wg Animal Cracker (1oz eq)	WG Oat Cereal Bar (1.5oz)

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	Week Two	MONDAY, JULY 20	TUESDAY, JULY 21	WEDNESDAY, JULY 22	THURSDAY, JULY 23	FRIDAY, JULY 24
LUNCH	Milk Ages All Ages 8oz Carton Non-Flavor	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 2oz	Soynut Butter 2ea=2.2oz	Turkey 2.75oz w/ Mustard & Mayo Packet	Taco Beef 2oz Shred. Ched .5oz	Cheese Pizza Wrap	Tuna Salad Kit
	Vegetable/Fruit 1/2c	Veg Cup	Carrots w/ Ranch	Corn	Broccoli w/Italain	V8 Juice 5.5oz
	Vegetable/Fruit 1/4c	Applesauce	Grapes	Shred Let/Dice Tomato (1/3c)	Orange	CranRaisin
	Grains 1 slice or 1oz eq	Wg Animal Cracker 1oz eq	WG Bread 1ea = 1oz eq	WG Tortilla Chip 1oz	WG 10" Tortilla	Wg Roll 1ea=32gm
SNACK	Meat/Meat Alternate 1oz		String Cheese	Beef Stick		
	Veg/Fruit 3/4c	CranRaisin			Banana	100% Apple Juice 6oz
	Grains 1oz	Enriched Cheddar Goldfish	Enriched Chex Mix 1oz	Enriched Wheat Twin 4pk	Wg Cheez It	WG Popcorn 1oz

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	Week One	MONDAY, JULY 27	TUESDAY, JULY 28	WEDNESDAY, JULY 29	THURSDAY, JULY 30	FRIDAY, JULY 31
LUNCH	Milk All Ages 8oz carton LF Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 2oz	Soynut Butter 2ea=2.2oz Jelly 1ea	Turkey 2.75oz w/ Mayo & Mustard Packet	Wg Chicken Nugget* 5ea w/ Ranch & BBQ Sauce Packet	Chicken Breast (3oz) w/ Mayo & Mustard Packet	Tuna Salad Kit
	Vegetable/Fruit 1/2cup	Applesauce	Banana	Broccoli w/Ranch	Carrot & Celery w/ Ranch Drs	V8 Juice 5.5oz
	Vegetable/Fruit 1/4c	Veg Cup 1/2c	Cucumber w/Italian	Pineapple	Grapes	CranRaisin
	Grains 1 slice or 1oz eq	Hamburger Bun 4"	10" WW Tortilla =71gm or 2oz eq	1oz Grain from Nugget**	Wg Bun (1oz eq)	WG Roll(1oz eq)
SNACK	Meat/Meat Alternate 1oz	String Cheese		IW Cheddar Block		
	Veg/Fruit 3/4c		100% Apple Juice 6oz		CranRaisin	Banana
	Grains 1oz	WG Graham Cracker 2pk=1ozeq	Enriched Pretzels	Enriched Saltines Crackers (4pkts)	Wg Animal Cracker (1oz eq)	WG Oat Cereal Bar (1.5oz)

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	Week Two	MONDAY, AUGUST 3	TUESDAY, AUGUST 4	WEDNESDAY, AUGUST 5	THURSDAY, AUGUST 6	FRIDAY, AUGUST 7
LUNCH	Milk Ages All Ages 8oz Carton Non-Flavor	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 2oz	Soynut Butter 2ea=2.2oz	Turkey 2.75oz w/ Mustard & Mayo Packet	Taco Beef 2oz Shred. Ched .5oz	Cheese Pizza Wrap	Tuna Salad Kit
	Vegetable/Fruit 1/2c	Veg Cup	Carrots w/ Ranch	Corn	Broccoli w/Italain	V8 Juice 5.5oz
	Vegetable/Fruit 1/4c	Applesauce	Grapes	Shred Let/Dice Tomato (1/3c)	Orange	CranRaisin
	Grains 1 slice or 1oz eq	Wg Animal Cracker 1oz eq	WG Bread 1ea = 1oz eq	WG Tortilla Chip 1oz	WG 10" Tortilla	Wg Roll 1ea=32gm
SNACK	Meat/Meat Alternate 1oz		String Cheese	Beef Stick		
	Veg/Fruit 3/4c	CranRaisin			Banana	100% Apple Juice 6oz
	Grains 1oz	Enriched Cheddar Goldfish	Enriched Chex Mix 1oz	Enriched Wheat Twin 4pk	Wg Cheez It	WG Popcorn 1oz

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