

# Door County YMCA – Summer Food Menu

Week 1

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>LUNCH ENTREE</b>	<i>Taco Salad</i>	<i>Turkey Wrap</i>	<i>Chicken Salad Sandwiches</i>	<i>Roast Beef &amp; Provolone Bagel</i>	<i>Chef 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>Ground Beef</i>	<i>Sliced Turkey</i>	<i>Diced Chicken</i>	<i>Sliced Roast Beef</i>	<i>Diced Ham</i>
<b>Vegetable</b>	<i>Lettuce/Tomatoes</i>	<i>Lettuce/Cucumbers</i>	<i>Baby Carrots</i>	<i>Snap Peas</i>	<i>Lettuce</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>Spiral Noodles</i>	<i>Whole Wheat Tortilla</i>	<i>Whole Wheat Bread</i>	<i>Whole Wheat Bagel</i>	<i>Dinner Roll</i>
<b>Extra Food</b>		<i>Mayonnaise</i>		<i>Mayonnaise</i>	<i>Ranch Dressing</i>
<b>SNACK:</b> <b>Choose 2 Food Groups</b>	<i>Yogurt Granola Water</i>	<i>Goldfish Crackers Carrots Water</i>	<i>Mini Bagels Cream Cheese Orange Slices Water</i>	<i>Pretzels String Cheese Water</i>	<i>Animal Crackers Milk</i>

This menu is for the weeks of:

June 6<sup>th</sup> thru June 10<sup>th</sup>

July 4<sup>th</sup> thru July 8<sup>th</sup>

Aug 1<sup>st</sup> thru Aug 5<sup>th</sup>

Aug 29<sup>th</sup> thru Sept. 2<sup>nd</sup>

# Door County YMCA – Summer Food Menu

Week 2

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>LUNCH ENTREE</b>	<i>Chicken Nachos</i>	<i>Turkey &amp; Swiss Sandwich</i>	<i>Italian Sub</i>	<i>Chicken Wrap</i>	<i>Tuna 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>Shredded Chicken</i>	<i>Sliced Turkey</i>	<i>Ham / Salami</i>	<i>Diced Chicken</i>	<i>Tuna</i>
<b>Vegetable</b>	<i>Lettuce/Tomatoes</i>	<i>Snap Peas</i>	<i>Baby Carrots</i>	<i>Celery</i>	<i>Carrots, Cauliflower, Broccoli</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>Tortilla Chips</i>	<i>Whole Wheat Bread</i>	<i>Italian Bread</i>	<i>Whole Wheat Tortilla</i>	<i>Macaroni Noodles</i>
<b>Extra Food</b>	<i>Salsa</i>	<i>Mayo Packet</i>		<i>Ranch Dressing</i>	
<b>SNACK:</b> <b>Choose 2 Food Groups</b>	<i>Graham Crackers Banana Water</i>	<i>Wheat Thins Cottage Cheese Water</i>	<i>Cheese It's Apple Slices Water</i>	<i>Guacamole Tortilla Chips Water</i>	<i>Saltine Crackers Boiled Egg Water</i>

This menu is for the weeks of:

June 13<sup>th</sup> thru June 17<sup>th</sup>

July 11<sup>th</sup> thru July 15<sup>th</sup>

Aug 8<sup>th</sup> thru Aug 12<sup>th</sup>

# Door County YMCA – Summer Food Menu

Week 3

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>LUNCH ENTREE</b>	<i>BBQ Chicken Salad</i>	<i>BLT &amp; Turkey Wrap</i>	<i>Ham and Cheese On Pretzel Bun</i>	<i>Peanut Butter and Jelly Sandwich</i>	<i>Italian 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>Shredded Chicken</i>	<i>Sliced Turkey Bacon</i>	<i>Ham</i>	<i>Peanut Butter</i>	<i>Pepperoni / Cheese Cubes</i>
<b>Vegetable</b>	<i>Lettuce/Corn</i>	<i>Sliced Cucumbers</i>	<i>Baby Carrots</i>	<i>Zucchini/Yellow Squash</i>	<i>Peppers</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>Dinner Roll</i>	<i>Whole Wheat Tortilla</i>	<i>Pretzel Bun</i>	<i>Whole Wheat Bread</i>	<i>Whole Wheat Noodles</i>
<b>Extra Food</b>	<i>Ranch Packet</i>	<i>Ranch Packet</i>	<i>Mayo Packet</i>	<i>Grape Jelly</i>	
<b>SNACK:</b> <b>Choose 2 Food Groups</b>	<i>Yogurt Cheerios Water</i>	<i>Celery Peanut Butter Water</i>	<i>Animal Crackers Orange Slices</i>	<i>Salsa Tortilla Chips Water</i>	<i>Ritz Crackers Cheese Slices Water</i>

This menu is for the weeks of:

June 20<sup>th</sup> thru June 24<sup>th</sup>

July 18<sup>th</sup> thru July 22<sup>nd</sup>

Aug 15<sup>th</sup> thru Aug 19<sup>th</sup>

# Door County YMCA – Summer Food Menu

Week 4

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>LUNCH ENTREE</b>	<i>Ham Sandwich</i>	<i>Chicken Pesto Salad</i>	<i>Roast Beef/Turkey Crescent</i>	<i>Black Bean Nachos</i>	<i>Pizza Wraps</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>Sliced Ham</i>	<i>Diced Chicken</i>	<i>Sliced Roast Beef/Turkey</i>	<i>Black Beans</i>	<i>Pepperoni / Cheese</i>
<b>Vegetable</b>	<i>Lettuce/Carrots</i>	<i>Tomatoes/peppers</i>	<i>Mixed Fresh Vegetables</i>	<i>Lettuce / Corn</i>	<i>Cucumbers</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>Whole Wheat Bread</i>	<i>Whole Wheat Pasta</i>	<i>Crescent</i>	<i>Tortilla Chips</i>	<i>Whole Wheat Tortilla</i>
<b>Extra Food</b>			<i>Mayo Packet</i>	<i>Salsa</i>	
<b>SNACK:</b> <b>Choose 2 Food Groups</b>	<i>Cottage Cheese Ritz Crackers Water</i>	<i>Apples Peanut Butter Water</i>	<i>Trail Mix Orange Slices Water</i>	<i>Graham Crackers Peanut Butter Water</i>	<i>Seasoned Oysters Raisins Water</i>

This menu is for the weeks of:

June 27<sup>th</sup> thru July 1<sup>st</sup>

July 25<sup>th</sup> thru July 29<sup>th</sup>

Aug 22<sup>nd</sup> thru Aug 26<sup>th</sup>