

Door County YMCA – Summer Food Menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH ENTREE	<i>Taco Salad</i>	<i>Turkey Wrap</i>	<i>Chicken Salad Sandwiches</i>	<i>Roast Beef & Provolone Bagel</i>	<i>Chef Salad</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>Ground Beef</i>	<i>Sliced Turkey</i>	<i>Diced Chicken</i>	<i>Sliced Roast Beef</i>	<i>Diced Ham</i>
Vegetable	<i>Lettuce/Tomatoes</i>	<i>Lettuce/Cucumbers</i>	<i>Baby Carrots</i>	<i>Snap Peas</i>	<i>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>Spiral Noodles</i>	<i>Whole Wheat Tortilla</i>	<i>Whole Wheat Bread</i>	<i>Whole Wheat Bagel</i>	<i>Dinner Roll</i>

This menu is for the weeks of:

June 6th thru June 10th

July 4th thru July 8th

Aug 1st thru Aug 5th

Aug 29th thru Sept. 2

Door County YMCA – Summer Food Menu

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH ENTREE	<i>Chicken Nachos</i>	<i>Turkey & Swiss Sandwich</i>	<i>Italian Sub</i>	<i>Chicken Wrap</i>	<i>Tuna Salad</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>Shredded Chicken</i>	<i>Sliced Turkey</i>	<i>Ham / Salami</i>	<i>Diced Chicken</i>	<i>Tuna</i>
Vegetable	<i>Lettuce/Tomatoes</i>	<i>Snap Peas</i>	<i>Baby Carrots</i>	<i>Celery</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>Tortilla Chips</i>	<i>Whole Wheat Bread</i>	<i>Italian Bread</i>	<i>Whole Wheat Tortilla</i>	<i>Macaroni Noodles</i>

This menu is for the weeks of:

June 13th thru June 17th

July 11th thru July 15th

Aug 8th thru Aug 12th

Door County YMCA – Summer Food Menu

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH ENTREE	<i>BBQ Chicken Salad</i>	<i>BLT & Turkey Wrap</i>	<i>Ham and Cheese On Pretzel Bun</i>	<i>Peanut Butter and Jelly Sandwich</i>	<i>Italian Pasta Salad</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>Shredded Chicken</i>	<i>Sliced Turkey Bacon</i>	<i>Ham</i>	<i>Peanut Butter</i>	<i>Pepperoni / Cheese Cubes</i>
Vegetable	<i>Lettuce/Corn</i>	<i>Sliced Cucumbers</i>	<i>Baby Carrots</i>	<i>Zucchini/Yellow Squash</i>	<i>Peppers</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>Dinner Roll</i>	<i>Whole Wheat Tortilla</i>	<i>Pretzel Bun</i>	<i>Whole Wheat Bread</i>	<i>Whole Wheat Noodles</i>

This menu is for the weeks of:

June 20th thru June 24th

July 18th thru July 22nd

Aug 15th thru Aug 19th

Door County YMCA – Summer Food Menu

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH ENTREE	<i>Ham Sandwich</i>	<i>Chicken Pesto Salad</i>	<i>Roast Beef/Turkey Crescent</i>	<i>Black Bean Nachos</i>	<i>Pizza Wraps</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>Diced Chicken</i>	<i>Sliced Roast Beef/Turkey</i>	<i>Black Beans</i>	<i>Pepperoni / Cheese</i>
Vegetable	<i>Lettuce / Carrots</i>	<i>Tomatoes/peppers</i>	<i>Mixed Fresh Vegetables</i>	<i>Lettuce / Corn</i>	<i>Cucumbers</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 Pasta</i>	<i>Crescent</i>	<i>Tortilla Chips</i>	<i>Whole Wheat Tortilla</i>

This menu is for the weeks of:

June 27th thru July 1st

July 25th thru July 29th

Aug 22nd thru Aug 26th