

Door County YMCA – Summer Food Menu

Week 1

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

This menu is for the weeks of:

June 5th thru June 9th

July 3rd thru July 7th

July 31st thru Aug 4th

Aug 28th thru Sept 1st