

Door County YMCA – Summer Food Menu

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH ENTREE	<i>Turkey & Swiss Sandwich</i>	<i>Chicken Nachos</i>	<i>Italian Sub</i>	<i>Chicken Wrap</i>	<i>Chicken Bacon Ranch 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 Turkey</i>	<i>Shredded Chicken</i>	<i>Ham / Salami</i>	<i>Diced Chicken</i>	<i>Chicken</i>
Vegetable	<i>Snap Peas</i>	<i>Lettuce/Tomato</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>Whole Wheat Bread</i>	<i>Whole Wheat Tortilla Chip</i>	<i>Italian Bread</i>	<i>Whole Wheat Tortilla</i>	<i>Macaroni Noodles</i>

This menu is for the weeks of:

June 12th thru June 16th

July 10th thru July 14th

Aug 7th thru Aug 11th