

Door County YMCA – Summer Food Menu

Week 3

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

This menu is for the weeks of:

June 19th thru June 23rd

July 17th thru 21st

Aug 14th thru Aug 18th