

Door County YMCA – Summer Food Menu

Week 4

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

This menu is for the weeks of:

June 26th thru June 30th

July 24th thru July 28th

Aug 21st thru Aug 25th